



# Make a bookmark for a friend.

Art by Jessie, age 11, California, USA



## Get Inspired

### Quote

"Even a little gift may be vast with loving kindness."

*Theocritus*

### Fact

If you read 20 minutes a day, you would have read 1.8 million words in a year.



## Shake It Up

Grab any book and hold it with both hands. Stand up. Lift the book high over your head for 5 seconds. Bring the book down to shoulder-level and then back up over your head for 5 seconds. Repeat 4 more times.

"I am curious!"



## Talk It Out

1. There are many ways to show people that you care. Giving gifts is one of them.  
Do you like to give gifts to show that you care?
2. Do you like to receive gifts? How does it make you feel?
3. Do you prefer handmade gifts or store bought gifts
4. Why do you think some people enjoy receiving handmade gifts?



## Do It!

1. Decide on the pattern you will use to create your bookmark.
2. Gather all the supplies.
3. Make it and think happy thoughts while doing so!
4. Give your finished bookmark to a friend.
5. Reflect on the experience. Did your friend like receiving your gift? How did you feel making something for a friend? Do you want to give handmade gifts more often?

# Make a bookmark for a friend.

## SEL Competencies

### Social Awareness

Showing concern for others

### Relationship Skills

Communication  
Developing positive relationships

### Self-Management

Showing courage to take initiative

### Responsible Decision-Making

Reflecting on one's role to promote personal well-being

### Self-Awareness

Identifying one's emotions

## Timeframe

45 min

## Materials Required

Cardstock, colored pencils, markers, crayons, ribbon, hole-punch, and any other items required from the bookmark pattern you choose



### Get Inspired

#### Quote

Invite a student to read the quote.

#### Fact

If you read 20 minutes a day, you would have read 1.8 million words in a year.

[Source](#): Fun Kids



### Shake It Up

Get your students moving. Invite them to do the following activity:

1. Grab any book and hold it with both hands.
2. Stand up and hold the book at shoulder-level.
3. Lift the book high over your head for 5 seconds, getting a good stretch.
4. Bring the book back down to shoulder-level and then back up over your head for 5 seconds.
5. Repeat 4 more times.
6. When finished, have your students say, "I am curious!"



### Talk It Out

Encourage your students to reflect on the provided questions.

1. There are many ways to show people that you care. Giving gifts is one of them. Do you like to give gifts to show that you care?
2. Do you like to receive gifts? How does it make you feel?
3. Do you prefer handmade gifts or store bought gifts.
4. Why do you think some people enjoy receiving handmade gifts?



### Do It! (as a class)

1. Decide on the pattern you will use to create the bookmarks. There are lots of ideas for DIY bookmarks on the internet. Get inspiration [here](#).
2. Gather all the supplies and distribute to your students.
3. Have your students each make a personalized bookmark. Encourage them to think happy thoughts while doing so!
4. Instruct your students to give their finished bookmark to a friend.
5. At a later date, reflect on the experience with your students. Did their friends like receiving their gift? How did your students feel making something for a friend? Do they want to give handmade gifts more often?