

Heart Language Lesson Plans

**CORBILINA TEACHES CHILDREN KINDNESS AND
INSTILLS SELF CONFIDENCE AND EMPATHY**

Introduction

Corbilina is a little fairy who has no voice but speaks “heart language” which means doing acts of kindness and compassion. In a series of three Heart Language lessons, children learn about sharing kindness with individuals and with the natural world. They also experience self-confidence and empathy.

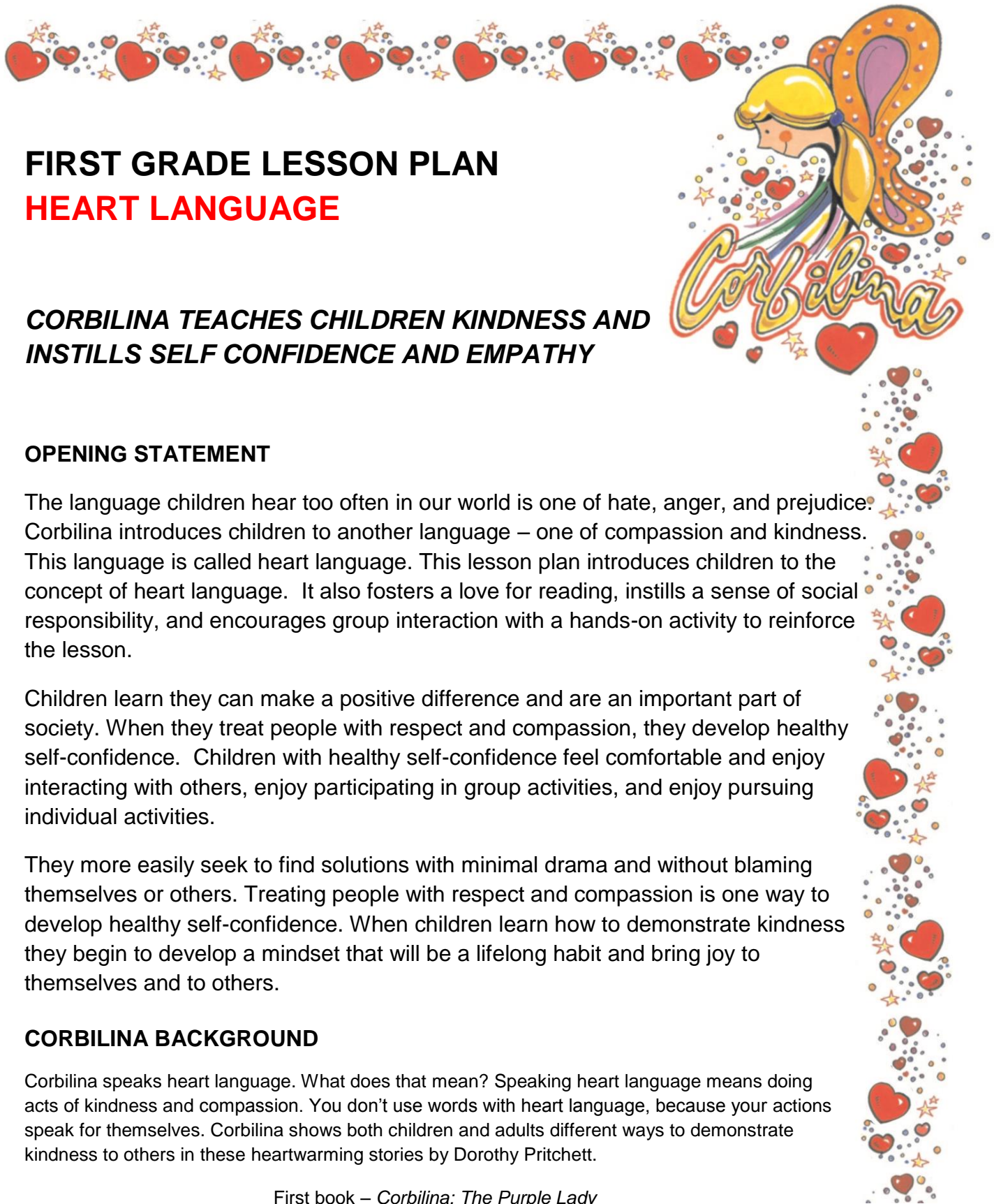
Young children learn best through action. They learn they can make a positive difference by demonstrating respect and compassion. They also develop healthy self-confidence as they feel comfortable interacting with others, participating in group activities, and pursuing individual activities.

In Lesson One children listen to *Corbilina: The Purple Lady* by Dorothy Pritchett and discuss how they have experienced kindness and how it made them feel. They learn through creative questions how they can show kindness to classmates, family members, and others. There is a classroom activity on showing kindness to family members and suggestions for continuing the kindness lesson at home.

In Lesson Two children listen to *Corbilina And The Lighthouse Mystery* by Dorothy Pritchett and look at how they can show kindness in nature. While building Corbilina houses from natural materials, they engage in creative problem-solving by looking at natural objects in a different way. For example, a shell or moss could be a bed or an acorn cap could be a sink. They learn about preserving the environment by using only natural materials. Children also learn about heart-shapes in nature which remind them to show kindness.

In Lesson Three children complete their Corbilina houses and appreciate there are many different ways to show kindness – there is no right or wrong.

These Heart Language lesson plans include copies of the two books, a heart-centered project, directions for building Corbilina houses, pictures of heart-shapes in nature, and letters to parents to encourage their participation. The Heart Language lesson plans are particularly appropriate for celebrations of Random Acts of Kindness Week in February, Kindness Week in April, National Kindness and Anti-Bullying Week in November, and a school open house.



FIRST GRADE LESSON PLAN

HEART LANGUAGE

CORBILINA TEACHES CHILDREN KINDNESS AND INSTILLS SELF CONFIDENCE AND EMPATHY

OPENING STATEMENT

The language children hear too often in our world is one of hate, anger, and prejudice. Corbilina introduces children to another language – one of compassion and kindness. This language is called heart language. This lesson plan introduces children to the concept of heart language. It also fosters a love for reading, instills a sense of social responsibility, and encourages group interaction with a hands-on activity to reinforce the lesson.

Children learn they can make a positive difference and are an important part of society. When they treat people with respect and compassion, they develop healthy self-confidence. Children with healthy self-confidence feel comfortable and enjoy interacting with others, enjoy participating in group activities, and enjoy pursuing individual activities.

They more easily seek to find solutions with minimal drama and without blaming themselves or others. Treating people with respect and compassion is one way to develop healthy self-confidence. When children learn how to demonstrate kindness they begin to develop a mindset that will be a lifelong habit and bring joy to themselves and to others.

CORBILINA BACKGROUND

Corbilina speaks heart language. What does that mean? Speaking heart language means doing acts of kindness and compassion. You don't use words with heart language, because your actions speak for themselves. Corbilina shows both children and adults different ways to demonstrate kindness to others in these heartwarming stories by Dorothy Pritchett.

First book – *Corbilina: The Purple Lady*
Second book – *Corbilina And The Lighthouse Mystery*

FIRST GRADE LESSON PLAN



LEARNING OBJECTIVES

- To generate awareness of how kindness speaks “heart language.”
- To affirm healthy self-confidence through storytelling, exploration of nature, creative expression, and mindfulness.
- To foster socialization through creative activities.
- To develop hand-eye coordination with cutting and building activities.
- To develop artistic creativity by building a unique small creature house.
- To foster a sense of responsibility to others and the earth.
- To provide parents with follow-up activity to reinforce kindness and creative problem solving.

CORE AREAS OF STUDY

Reading/Language Arts

- Write words, sentences, and stories
- Read correctly, quickly, and with expression the words I see often
- Understand and talk about stories I read
- Recognize and use words I am learning

Mathematics

- Ask questions to help solve problems

Science

- Create drawings that correctly show something described
- Look, question, and investigate patterns
- Demonstrate awareness of characteristics and basic needs of plants and animals

ASSIGNMENT FOR CHILD

- Show kindness to someone before going to sleep tonight.
- Ask family members how kindness affected their day today and name a kind action they did for someone.

ASSIGNMENT FOR PARENT

Ask questions which empower a child to think about solving a problem for themselves and to feel confident in their ability to make good choices. For example: If you did something for a person to experience kindness every day, what could you do? What would help you to be kind to others?

FIRST GRADE LESSON PLAN



PRESENTER

Teacher or Parent

TIMING

Random Acts Of Kindness Week in February, Earth Day in April, National Kindness and Anti-Bullying Week in November, and prior to school open house.

This series of lesson plans could be completed in one week of school. Monday: Activity 1, Tuesday: Activity 2, Wednesday: Activity 3, Thursday and Friday: complete Corbilina houses. The presentations may be completed in 30 minute segments (includes the 15 minute hands-on-activity).

The activity of building Corbilina houses could also be an on-going project for children to enjoy during "free time." There could be a center to store the natural materials and the children could continue to add to these materials as a way to continue the lessons on kindness and self-confidence.

FIRST GRADE LESSON PLAN



HEART LANGUAGE LESSON PLAN 1

- **TAKE A “PICTURE WALK”**

Looking at the cover of *Corbilina: The Purple Lady* ask questions to introduce key aspects of the story, vocabulary, and the characters.

1. What do you see on the cover? (girl, hearts, wings, etc)
2. What is she holding? (wand)
3. Who do you think is the person at the bottom of the cover?
4. After pointing to the words and reading the words *The Purple Lady* aloud, why do you think she is called the purple lady?

Continue the “picture walk” through the book asking questions for children to gain prior knowledge of kindness before reading the book aloud.

- **READING OF FIRST BOOK** – *Corbilina: The Purple Lady* by teacher.

- **INTERACTION WITH CHILDREN ABOUT WAYS TO SHOW KINDNESS** – Brainstorming:
Who showed kindness to you today? What did they do? How did it make you feel?
Who did you show kindness to today? What did you do? How did it make you feel?
Why is it important to show kindness? How could you show kindness to a classmate?
How could you show kindness to a friend or family member?

- **DISCUSS:**

- Story Sequence
- Main Idea
- Main Characters
- Setting

- **TASK:** Write words which express kindness. (sharing, friendly, generous, understanding, considerate, and helping) Divide into groups and look through magazines to find pictures that represent kindness. Cut out and create a kindness group collage to share with classmates.
- **SHARE LEARNING WITH PARENTS:** Send fact sheet describing “heart language activity.” (included as a reproducible handout)

FIRST GRADE LESSON PLAN



KINDNESS WORDS

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

KINDNESS LOOKS LIKE (Draw a picture of someone showing kindness)

FIRST GRADE LESSON PLAN



Dear Parents,

Today at school your child listened to *Corbilina: The Purple Lady*, by Dorothy Pritchett. Corbilina is a young fairy who does not have a physical voice and can only share her feelings through "heart language." What does that mean? Speaking "heart language" means doing acts of kindness and compassion. You don't use words with heart language, because your actions speak for themselves.

Our teachers are using this wonderful story to foster a love for reading, instill a sense of social responsibility, build self-esteem, and encourage group interaction. Treating people with respect and compassion is one way to develop healthy self-confidence. If a child learns how to demonstrate kindness, the child begins to develop a mindset that will be a lifelong habit and bring them and others great joy.

Please engage with your child about the story and what they learned in today's lesson. Your child wrote words that express kindness and drew a picture showing kindness. Please have your child tell you about ways they can show kindness at home and to friends and neighbors.

Sample Questions to engage with your child:

- Who showed kindness to you today? What did they do? How did it make you feel?
- Who did you show kindness to today? What did you do? How did it make you feel?
- How could you show kindness to people in our family? What about to your friends?
- What about to someone in our neighborhood?
- When have you seen someone show kindness to another person besides yourself?
- What happened?

Thank you for your support.

FIRST GRADE LESSON PLAN



HEART LANGUAGE LESSON PLAN 2

- **REVIEW** Lesson Plan 1 and have the children share their pictures of showing kindness.
- **CHILDREN SHARE STORIES** describing acts of kindness they have seen with individuals.
- **TAKE A “PICTURE WALK”**

Looking at the cover of *Corbilina And The Lighthouse Mystery*, ask questions to introduce children to key aspects of the story, vocabulary, and the characters:

1. What have you seen when you went to the beach?
 2. What is the purpose of a lighthouse?
 3. What wildlife could you see at the beach? (birds, fish, turtles, crabs, etc)
 4. What birds might you see? (seagulls)
 5. What wildlife builds nests at the beach?
- **READ** *Corbilina And The Lighthouse Mystery* by teacher.
 - **INTRODUCE** the concept of sharing kindness with small creatures in nature and looking at objects in nature in a new way.
 - **ASK** “what if” questions to stimulate imagination. What if a tiny creature needed a place to spend the night? Explain that today they will be sharing kindness with small creatures in nature by making a Corbilina house for them (show pictures). Explain the importance of being kind to the earth and using only natural materials.
 - **STIMULATE IMAGINATION** by asking how they could transform natural objects into their Corbilina houses. Examples: a shell or moss could be a bed; an acorn cap could be a sink or a bowl for tiny berries; a piece of bark could be a boat or turn it upside down to make a table.
 - **NOTE** nature’s version of heart language – heart shapes in leaves, rocks, clouds, etc. To remind people to show kindness (sample photos are in Lesson Plans but suggest teacher find 2 or 3 natural items to share).
 - **TAKE A WALK** outside to find items to build Corbilina houses and to appreciate nature’s wonders. An alternative to walking outside would be to have children select natural materials from items provided by teacher or give as an assignment to complete at home.
 - **CHILDREN SHARE** features of houses which they believe will make the inhabitants happy.
 - **INVOLVE PARENTS** by sending fact sheet describing today’s activity (included as a reproducible handout).

FIRST GRADE LESSON PLAN



HEART ROCKS



FIRST GRADE LESSON PLAN



CORBILINA HOUSES

The only rule for building a Corbilina House is that you must use materials found in nature. The **location** can be a backyard, city park, woods, flower garden, beach, and mountain – any place you think Corbilina and her friends would like to visit.

A Corbilina house builder is brave and not afraid to **use imagination** to transform natural materials into a Corbilina house or neighborhood. There is no right or wrong way to build a Corbilina house. Corbilina and her friends love variety and trying new things.

Once you find the place to build your house, gather rocks, twigs, berries, leaves, a feather, pine cone, tree bark, acorn caps – whatever catches your eye.

Start with the walls, then the roof – you may want a window or door. Decide if you want more than one room. Let your imagination guide your construction and decorations on your house. Corbilina and her friends always appreciate creative houses!

PORTABLE CORBILINA HOUSE

Sometimes you may want to take your Corbilina house with you to put in a window or on a porch.

Gardners use small pots to start seeds inside before they plant them outside in their gardens. These pots make a wonderful portable Corbilina house. There are various sizes and shapes (round, square, and rectangles) of containers. Turn the container upside down. Cut windows and doors with household scissors. You can also put the container on its side for a different look with no need to cut a door! Apply decorations with a drop of glue. If an adult can help build the Corbilina house, ask them to apply decorations with a hot glue gun to make sure your decorations stay in place.

If you would like small plants with your portable Corbilina house, fill a container with dirt, collect small plants, build a small Corbilina house or add features Corbilina would enjoy – a small bench or a place to eat a snack for example. Don't forget to water the plants!

Whenever you build a Corbilina house, you show kindness to an unseen visitor and appreciation for the natural wonders of Planet Earth.

FIRST GRADE LESSON PLAN



PORTABLE CORBILINA HOUSES



Glue house to cardboard base for easy mobility



Glue moss, pine cones, flowers, shells (or whatever small natural materials are available) to the Corbilina house and to the cardboard base.

FIRST GRADE LESSON PLAN



Dear Parents,

Today at school your child listened to *Corbilina And The Lighthouse Mystery*, by Dorothy Pritchett. This second book in the Corbilina series introduced the concept of sharing kindness with small creatures in nature and looking at objects in nature in a new way.

We introduced creative problem solving by imagining how we could create a Corbilina house from natural materials for a small creature and repurpose natural objects for the creature's benefit. For example, a shell could be a basin or an acorn cap could be a light fixture.

We continued our lesson of "heart language" by noting how nature has heart shapes in leaves, rocks, and clouds, to remind us the show kindness for all living things.

Please engage with your child about the story and what they learned in today's lesson about nature's version of "heart language."

Sample Questions to engage with your child:

How can you show kindness to living plants?

How can you help to preserve the environment to ensure that small creatures have a home?

Thank you for your support.

FIRST GRADE LESSON PLAN



HEART LANGUAGE LESSON PLAN 3

- **REVIEW** why children are building Corbilina houses and why they are using only natural materials.
- **FOCUS** on selecting items to make the Corbilina house efficient and comfortable.
- **BUILD** Corbilina houses from natural materials. This could be an individual or group project.
- **CHILDREN SHARE** information about how they repurposed objects for their houses.
- **NOTE** the different styles of the houses. There are many ways to show kindness. There is no “right” way.

EXPANDED ACTIVITY

- Children create a card for a community organization that demonstrates kindness by providing shelter.
- Children write a story or draw pictures about creatures who may come to their Corbilina house.

ASSIGNMENT FOR CHILD

- **SHOW** kindness to someone before you go to sleep tonight
- **ASK** family members how kindness affected their day and to name a kind action they did for someone.

ASSIGNMENT FOR PARENT

ASK questions which empower a child to think about solving a problem for themselves and to feel confident in their ability to make good choices. For example: If you felt lonely, what would make you feel not so sad? If you saw someone being unkind to a small creature, what could you do?

FIRST GRADE LESSON PLAN



Dear Parents,

Today at school your child continued to work on the Corbilina houses while keeping in mind that the intention was to show kindness by providing a small creature shelter and to learn about the world through observation.

One of the messages that your child received today was that there are many different ways to use heart language to show kindness to others. Being aware of others needs and helping them obtain their goals is just as important as saying kind words or showing kind actions. Your child had fun creating a Corbilina house and sharing what items they used for what specific purposes.

Please engage with your child about the story and what they learned in today's lesson. Help them find an appropriate place in your yard or inside your home to keep the Corbilina house, and encourage them to keep working on it.

Thank you for your support.
