



# KINDERGARTEN 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 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. When children learn how to demonstrate kindness, they begin to develop a mindset that will be a lifelong habit and bring them and others great joy.

#### 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. This is a charming story full of young children showing love and kindness to others. Corbilina shows both children and adults different ways to show kindness to others in these heartwarming stories by Dorothy Pritchett.

1<sup>st</sup> book - *Corbilina: The Purple Lady* by Dorothy Pritchett

2<sup>nd</sup> book – *Corbilina And The Lighthouse Mystery* by Dorothy Pritchett



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## 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 Corbilina house out of natural materials.
- To foster a sense of responsibility for others and the earth.
- To provide parents with follow-up activity to reinforce kindness and creative problem solving.

## DEVELOPMENTAL SKILLS

### Language And Literacy

- Drawing and writing my own name

### Social Learning

- Working together with other children

### Learning And Problem Solving

- Organize things into different categories

## ASSIGNMENT FOR CHILD

- SHOW kindness to someone before you go to sleep tonight
- ASK family members how kindness affected their day today 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 could do something for a person to experience kindness every day, what would you do? What would help you to be kind to others?

## PRESENTER

Teacher or Parent

## TIMING

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

This lesson plan could be completed in one week of school. Monday – Activity 1, Tuesday – Activity 2, Wednesday – Activity 3, Thursday and Friday – finishing touches on Corbilina houses. The presentation may be completed in 30 minute segments (this 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 lesson on kindness and self-confidence.

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## ACTIVITY #1

- **TAKE A “PICTURE WALK”**
- **READING** of 1st 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 be kind? How could you show kindness to a classmate?  
How could you show kindness to a friend or family member who is sad?
- **TASK:** Complete “My Family Helps One Another” handout. (Draw acts of kindness)
- **INVOLVE PARENTS** by sending fact sheet describing “heart language” activity (included as a reproducible handout).



# MY FAMILY HELPS ONE ANOTHER

Draw a picture of someone in your family helping another family member.



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## ACTIVITY #2

- **REVIEW** children's completion of projects to demonstrate kindness. Share pictures of families helping one another.
- **READ** *Corbilina And The Lighthouse Mystery* by teacher or parent.
- **INTRODUCE** 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 to build these houses so as not to pollute the earth. (show pictures)
- **EXPLAIN** importance of preserving the environment and using natural materials to build Corbilina houses.
- **NOTE** nature's version of heart language – heart shapes in leaves, rocks, clouds, etc. to remind people to show kindness (samples photos in lesson kit but suggested 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 the teacher or give as an assignment to be completed at home. To extend the lesson, create a center to store natural materials and children can continue to add materials and build Corbilina houses after this Heart Language lesson is over. This will remind them about kindness and further enhance their self-confidence.

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## ACTIVITY #3

- REVIEW why children are building Corbilina houses and why they are using only natural materials.
- BUILD Corbilina houses from natural materials. This could be an individual or group project.

NOTE the different styles of the houses. There are many different ways to show kindness. There is no right way.