



THIRD 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 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.

1st book - [Corbilina: The Purple Lady](#) by Dorothy Pritchett

2nd 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 artistic creativity by building a Corbilina house out of nature.
- 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.

AREAS OF STUDY

Reading/Language Arts

- Read grade level with appropriate speed, accuracy, and expression.
- Read a variety of text.
- Work independently on research projects.
- Write narratives to develop real or imagined experiences using effective technique, descriptive details, and clear event sequences.
- Engage effectively in range of collaborative discussions.
- Presentation of knowledge and ideas.

Science

- Recognize the effects of pollution and humans on the environment.

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 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

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TIMING

Random Acts of Kindness Week in February, Earth Day in April, National Kindness Week and Anti-Bullying Week 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

- **READING** of book – Corbilina: The Purple Lady.
- **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?
- **DISCUSS**
 - Many TV programs do not include words of kindness. What programs do you know which include words of kindness and are fun to watch?
 - What books do you know which include words of kindness and encourage acts of kindness to others? Which of these books do you particularly like?
 - What would it look like if you could produce a show for children that showed kindness?
- **TASK**
Play Kindness Charades
 - DIVIDE into groups of 3 or 4. This is not a competition.
 - HAND OUT scenarios (included in lesson plans).
 - CREATE a short skit as a group to act out the scenario with a kindness solution.
 - PERFORM the skit.
 - DISCUSS the problems and the solutions.
- **EXPAND ACTIVITY**
 - Select a person known for their kindness to others (Mother Teresa, Mandela, Ghandi) and discuss the impact of their acts of kindness.
- **INVOLVE PARENTS** by sending fact sheet describing “heart language” activity (included as a reproducible handout).

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CORBILINA HEART LANGUAGE CHARADES

Cut out the charades descriptions below and give one to each team.

The children act out what is written on their charade slip.

Person who correctly identifies the action shares an act of kindness to help the situation.



PERSON LAUGHS AT THE WAY
ANOTHER PERSON TALKS



PERSON CARRYING GROCERIES
FALLS ON THE SIDEWALK



PERSON IS NOT INVITED TO PARTY
WITH OTHER PEOPLE IN CLASS



PERSON LOOKING FOR
LOST DOG

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PERSON DOES NOT HAVE
ENOUGH LUNCH MONEY



PEOPLE WHISPERING ABOUT
ANOTHER PERSON IN CLASS



PEOPLE LAUGHING
AT CLASSMATE'S SHOES



PERSON NOT INCLUDED
IN PLAYGROUND GAME

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Dear Parent,

Today at school your child listened to *Corbilina: The Purple Lady*, by Dorothy Pritchett. Corbilina is a little fairy who does not have a physical voice and can only share her feelings through “heart language.” “Heart language” means doing acts of kindness and compassion. With “heart language” you do not have to use words because your actions speak for themselves.

This wonderful story fosters a love for reading, instills a sense of social responsibility, builds self-esteem, and encourages 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 become a lifelong habit and bring them and other great joy.

Please engage with your child about the story and what they learned in today’s lesson about “heart language.”

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 a member of our family?

Thank you for your support.

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ACTIVITY 2

- **REVIEW** the Kindness Charades and how the children solved the problems.
- **READ** Corbilina And The Lighthouse Mystery.
- **INTRODUCE** concept of sharing kindness with small creatures in nature and looking at objects in nature in a new way. To stimulate imagination and creative problem-solving: talk about repurposing objects in nature for a Corbilina house. (An acorn could be a light fixture or a shell could be a bath tub.) The houses can be non-traditional houses (rocket ships or satellite dishes for example).
- **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 plan 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.

EXPAND ACTIVITY

- **CONNECT** building Corbilina houses with the concept of organizations that provide homes for people in need and discuss volunteer opportunities in the area.
- **INTRODUCE** “green” building and energy saving opportunities as important ways to demonstrate kindness to mother earth and to all nature on planet Earth.
- **INVOLVE PARENTS** by sending fact sheet describing today’s activity (included in lesson plans)

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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, 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 and 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 kindness!

PORTABLE CORBILINA HOUSE

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

Gardeners use small pots to start seeds inside before they plant them outside in their gardens. These pots make a wonderful portable Corbilina house. The containers come in various sizes and shapes (round, square and rectangles). 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 and 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.

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HEART ROCKS



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CORBILINA HOUSES



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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.

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CORBILINA TEACHES CHILDREN KINDNESS AND INSTILLS SELF CONFIDENCE AND EMPATHY

Dear Parent,

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, use a shell as a basin or an acorn cap for 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 to 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.

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ACTIVITY 3

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

EXPAND ACTIVITY

- Make birdfeeders from recycled bottles to carry out these of sustainable resources.

INVOLVE PARENTS

- Send fact sheet describing “heart language” activity (included as a reproducible handout).

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CORBILINA TEACHES CHILDREN KINDNESS AND INSTILLS SELF CONFIDENCE AND EMPATHY

Dear Parent,

Today at school your child continued to work on building their mini house. They shared about repurposing natural materials in this house and continued to learn about nature's version of "heart language."

Please engage with your child about what they learned in this "heart language" project to show kindness. Questions, at every age, are often more helpful than answers. To help your child think about solving a problem for themselves and to feel confident in their ability to make good choices, here are some sample questions to spark a conversation:

- "How can you make a positive difference to preserve the environment by using only your personal energy and muscle power?"
- "How can you promote good health by showing kindness to things in nature?"

Thank you for your support.
