



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.



SECOND 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 story of young children showing love and kindness to others. Corbilina shows both children and adults different ways to demonstrate kindness to others in stories by Dorothy Pritchett.

Corbilina: The Purple Lady

Corbilina And The Lighthouse Mystery



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 unique Corbilina house.
- 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 high frequency words and second grade text with appropriate speed, accuracy, and expression.
- Use strategies to gain meaning from grade level text.
- Begin editing and revising the work.

Mathematics

- Solve problems, develop arguments, use the language of mathematics, make connections, and communicate.

Science

- Raise questions about the world around me and seek answers through observation and exploration.

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 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. This 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.



ACTIVITY 1

- **INTRODUCTION** of Corbilina - A little fairy who has no voice but speaks heart language. Read *Meet Corbilina* in front of book.
- **READ** *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?
How could you show kindness to a classmate?
How could you show kindness to a friend or a family member?
- **DISCUSS**
 - Story Sequence
 - Main Idea
 - Main Characters
 - Setting
- **TASK**
 - Complete “All Of A Sudden” self-starter story (Three stories included as reproducible handouts).
 - Answer in writing journal:

It is important to be kind because

I will show kindness by _____, _____, and

I will show kindness to _____, _____, and

INVOLVE PARENTS by sending fact sheet describing “heart language” activity (included as a reproducible handout).



ALL OF A SUDDEN STORIES

My friend Wyatt and I were trying to catch tadpoles in the creek behind his house. The little tadpoles moved so fast it was hard to scoop them into our net. Wyatt laughed, "It is hard to believe these tiny black dots with tails will turn into frogs." "I hope they live when we put them into our jar," I said. Wyatt replied, "We need to make sure we give them the right kind of food." Our jar of creek water was soon filled with tadpoles. As we crossed the creek, I saw 5 large frogs jump in front of us on the bank and all of a sudden.....

Bootsie, my black and white cat, was digging in the garden. She liked to play with little worms and bugs. I was picking tomatoes in the row next to her. I don't like all vegetables, but I love tomatoes! My friend Garrett also loves tomatoes. I was excited he was coming to lunch and we would eat tomato sandwiches and drink lemonade. Bootsie ran to an old wheel barrow next to the garden. She began meowing so I followed her. Something was moving under the dead vines piled in the wheel barrow. Then I felt a fluttering next to my ear. I reached into the wheel barrow and all of a sudden.....

I heard a knock at my front door and grabbed my jacket before opening the door. "Hi, Jack. I'm ready to go," I said. "I can't wait to see the new dolphins," Jack said with a smile. Once we arrived at the aquarium, we went to the dolphin pool. "Wow," I exclaimed. "Let's sit on the front row." The dolphins jumped through hoops high in the air. With all of the splashing water, we got a little wet but it was no problem. Out of the corner of my eye, I saw a little dog walking on the edge of the pool and all of a sudden.....

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CORBILINA TEACHES CHILDREN KINDNESS AND INSTILLS SELF CONFIDENCE AND EMPATHY

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.



ACTIVITY 2

- **REVIEW** completion of children’s projects to demonstrate kindness: writing stories, or describing acts of kindness to specific individuals.
- **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.
- **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). Houses could be non-traditional (rocket ship or satellite dish). 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. What if you showed kindness to this creature and made a mini house?
- **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 included in lesson plans 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.
- **EXPANDED ACTIVITY**
 - **CONNECT** building Corbilina houses with the concept of organizations that provide homes for people in need and discuss volunteer opportunities in their area.
- **INVOLVE PARENTS** by sending fact sheet describing today’s activity (included as a reproducible handout).



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 there is 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.



CORBILINA HOUSES





PORTABLE CORBILINA HOUSES



Glue house to cardboard base for easy mobility



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



HEART ROCKS





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.



ACTIVITY 3

- **REVIEW** why children are building Corbilina houses and why they are using only natural materials.
- **FOCUS** on items necessary to make 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 the tiny creatures to enjoy in their mini house.
- **NOTE** the different styles of mini houses. There are many different ways to show kindness. There is no right way.

EXPANDED ACTIVITY

- **INTRODUCE** “green” building and energy saving opportunities as important ways to demonstrate kindness to mother earth and to all nature on Planet Earth.



CORBILINA TEACHES CHILDREN KINDNESS AND INSTILLS SELF CONFIDENCE AND EMPATHY

Dear Parent,

Today at school your child continued to work on building their Corbilina 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 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, consider asking one of these questions to spark a conversation:

"If you wanted to show kindness to someone at the grocery store but did not want them to know your identity, what could you do?"

"Even though you may not see the person's reaction to your kindness, how would it make you feel knowing you had performed the act of kindness?"

Thank you for your support.
