

lesson plan

SUMMARY

Lesson 1 **EMPATHY IN FOCUS**

Theme: Empathy
Activity: Empathy
Glasses / Worlds Beyond
My Window

Lesson 2 **BUILDING HOPE**

Theme: Hope & Positivity
Activity: Hope Jar /
Hope Lantern

Lesson 3 **THE IMPORTANCE OF WORKING TOGETHER**

Theme: Collaboration
Activity: Wishing Tree

Lesson 4 **STRENGTHENING OUR RESILIENCE**

Theme: Resilience
& Strength
Activity: Resilience Mask

Lesson 5 **THE ART OF KINDNESS**

Theme: Kindness
Activity: Patchwork of
Kindness

Lesson 6 **THE POWER OF IMAGINATION**

Theme: Imagination
Activity: Wishing Wands

Lesson 7 **CONNECTED COMMUNITIES**

Theme: Community
Activity: Kindness Rocks
/ Community Project

Lesson 8 **CREATIVE PROBLEM SOLVERS**

Theme: Problem Solving
Activity: Rescue Mission

