

# Caring Comic

This lesson focuses on caring through helpfulness and gratitude. Small groups will create a comic strip illustrating both of these concepts as they have observed them in the classroom. Students will have access to both paper-based and online comic strip templates/generators to assist them.

**Courage Sub-Concepts**

Helpfulness, Gratitude, Kindness

**Lesson Timeframe**

45 minutes

**Required Materials**

- Comic Strip Template
- Basic art supplies
- Optional: Computers and Internet Access
- Comic Strip Generator:  
<https://www.storyboardthat.com/story-board-creator>

**Standards Map**

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

**Lesson Objective**

Students will be able to:

- Explain how each person's helpfulness contributes to the efficient classroom.
- Illustrate how to show gratitude for the helpful actions of others.
- Create a comic strip documenting a helpful deed and the subsequent gratitude it evokes.

**Teacher Connection/Self-Care**

Clear boundaries matter. Make an effort today to leave work at the school. You can't pour from an empty cup.

**Tips for Diverse Learners**

- Create diverse small groups of 3-4 to increase participation.
- Assign tasks within each group that allow students to use their natural skill set.

**Share**

3-5 minutes

What does self-care look like to you? Using a ball or light object (stuffed animal, small toy, etc.) toss it to each student and ask them how they practiced self-care this morning. Once they answer, they can toss the object to someone that hasn't answered yet.

- Remind students that answers should be genuine and honest.
- Everyone practices self-care. It looks different for each person. Examples include brushing hair/teeth, picking out clothes, packing up backpack, making lunch, etc.

**Inspire**

12-15 minutes

Explain that helpfulness can mean helping others without being asked and without expecting anything in return. When you pitch in and help out, you are caring for others. Your kind words and respectful actions show helpfulness and inspire others to want to be around you. It does not take much effort to be helpful.

When others are helpful or caring to us we can feel a sense of gratitude or thankfulness. We are grateful for their kind words, caring actions, and generous offers of help. They have helped make our day a little easier or happier and we are thankful for all they do. What is one thing you are grateful for here at school? What is one thing you are grateful for at home? Did you show gratitude for these things by telling your friend or family member how happy they made you feel?

**Ask:** How do we show helpfulness and gratitude in our classroom?

Create a T-chart on a large piece of paper or whiteboard. Write the headings **HELPFULNESS** and **GRATITUDE** on either side. Starting on the Helpfulness side, ask for examples of ways students can help others in the class. After each helpful example, have the class brainstorm a way to show gratitude for that kind action. Encourage the class to come up with a different form of gratitude after each example of helpfulness. How can we show caring and help others at home and school?

- Example: My friend helped me to carry my backpack when I got off the bus late. I showed gratitude by giving them a fist bump.
- Write the answers down and hang the chart up for use during the comic strip activity.



## Empower

20 minutes

Explain that the class will break up into small groups to create a comic strip illustrates these two concepts- helpfulness and gratitude.

Refer to the T-chart if groups are struggling to come up with a story for their comic strip.

- If using the paper-based comic strip format, see below for the template. Explain that comics go from left to right, top to bottom. Both words and illustrations are needed in each section. Each group must use at least 4 boxes to explain their scenario.
- If desired, you can combine this activity with your computer time and incorporate the following comic strip generator as a technology based option. <https://www.storyboardthat.com/storyboard-creator>



## Reflect

5-10 minutes

Have every group share their comic strip with the class. NOTE: it is important to expect some duplication at this age and given the large classroom setting. Encourage all students to present and explain, even if another group has already discussed their options. They may have a different explanation on HOW helpfulness and gratitude are expressed.



## Extension Ideas

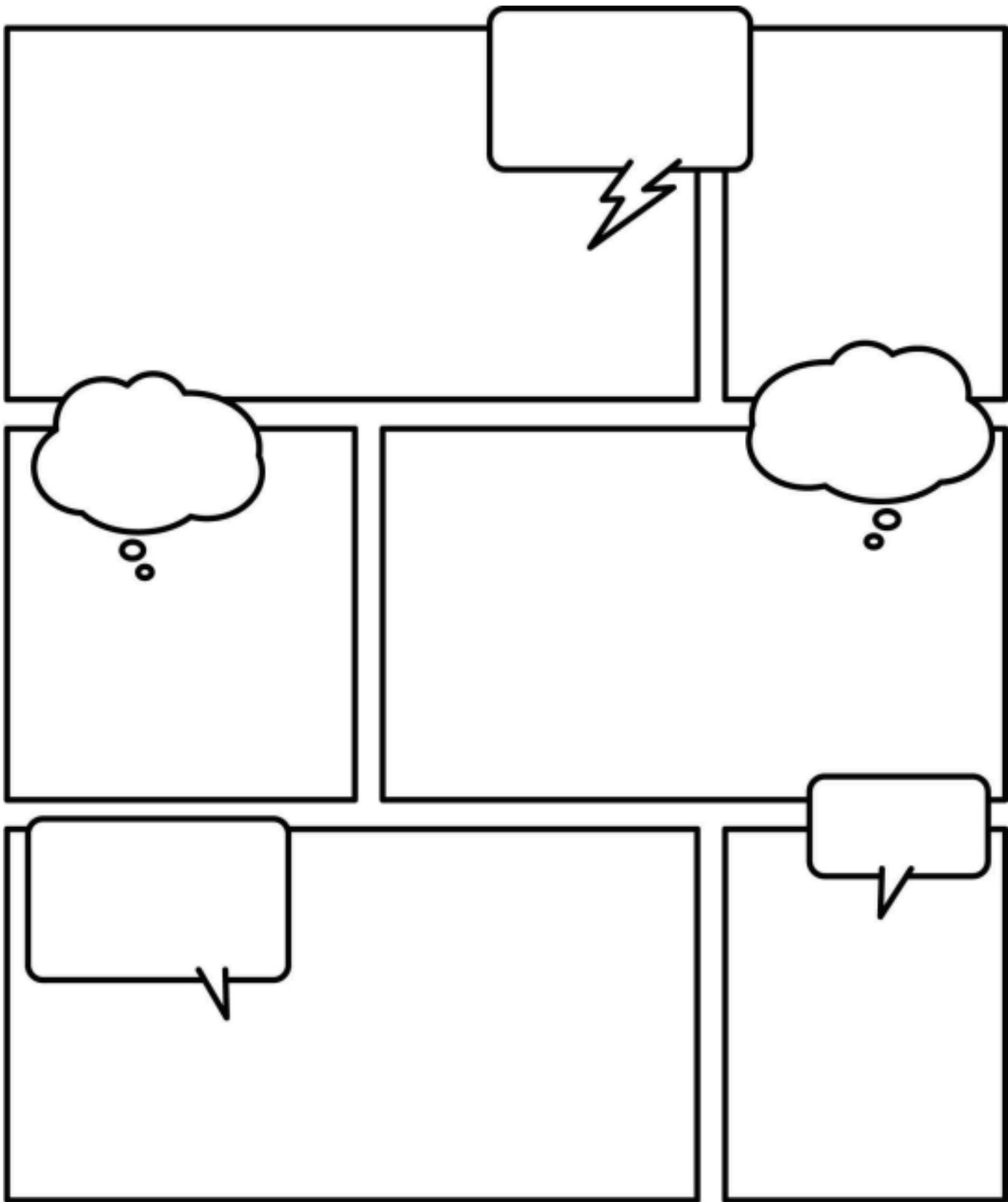
- At Home Extension: Send home a blank comic strip template for students to complete with their families, focusing on how helpfulness and gratitude are demonstrated at their house. Read them aloud with the class as they come back to school.



The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>



**RANDOM ACTS OF KINDNESS**  
FOUNDATION®