

A Sandwich of Responsibility

This lesson focuses on our responsible actions and how they affect others. Students will explore how our community helpers and workers contribute the items we consume each day, specifically food items. When people forget their responsibilities, it affects more than just them.

Caring Sub-Concepts

Self Discipline, Kindness

Lesson Timeframe

45 minutes

Required Materials

- ❑ Sandwich ingredients: sliced bread, cheese, sandwich meat, lettuce (gloves, paper plates, napkins if desired)
- ❑ Sandwich of Responsibility Worksheet (see below)

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.



**DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.**
See last page for details.

Lesson Objective

Students will be able to:

- Understand how their actions have consequences and affect others even if they do not see it immediately
- Demonstrate the importance of following through on one's responsibilities

Teacher Connection/Self-Care

Being responsible is often equated with being perfect. Each one of us will drop the ball at some point. How you choose to handle those moments says a great deal about how you view your responsibilities. Take some time this week to examine your response to natural human error. Be kind to yourself and move forward.

Tips for Diverse Learners

- Draw simple illustrations next to each community helper for emerging readers.
- Be aware and sensitive to any allergies that may be present and adjust the activity accordingly.
- Provide each child with a sample sandwich if possible to accommodate kinesthetic learners.



Share

5 minutes

As a class, review the definition of **responsibility**: *being reliable to do the things expected or required of you.*

Then, review the components of a clean and organized desk (this references Lesson 1 of this unit, but you can do this exercise regardless). Take a tour of the classroom to see how well students are demonstrating self-discipline and practicing responsibility by keeping their desks clean.

- Is there trash inside or on top of our desks? (no)
- Are our pencils and crayons put away? (yes)
- Are our books stacked neatly? (yes)
- Are loose papers in folders? (yes)
- What is the hardest part about keeping your desk clean?



Inspire

How are We Responsible?

10-12 minutes

Explain that each of us makes responsible choices all day, every day! We chose to get up on time. We chose to get dressed and go to school. We chose to learn. We chose to be kind to our classmates and teacher. When we treat others with kindness and respect, we are acting responsibly.

Divide your whiteboard into 3 categories: Morning, Afternoon, Evening

Ask:

- **Morning:** How were you able to show responsibility this morning before you came to school?
- **Afternoon:** How do you show responsibility after lunch in our classroom?
- **Evening:** How do you show responsibility after dinner in your home?

All of these actions demonstrate responsibility. All of us work together, each person doing their part. It is very important to follow through on your responsibilities! When you forget or don't feel like doing something, it can have a huge effect on others.



Empower

20 minutes

Activity:

Students will get into small groups of 3-4 and use a basic **sandwich*** to explore the consequences when others act irresponsibly. Explain that each group (or each student if you have enough sandwich making supplies) will work together to make a basic sandwich. *You could also just make one sandwich as a demonstration for everyone. Adjust the activity instructions accordingly.*

Pass out the ingredients (2 slices of bread, lettuce, cheese, meat) and read the following

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instructions:

1. Open the bread and lay the two slices side-by-side.
2. Place the lettuce on one slice of bread.
3. Place the cheese on top of the lettuce.
4. Place the meat on top of the cheese.
5. Close the sandwich with the second piece of bread.
6. You just made lunch!

Review what goes into each ingredient in the sandwich. We don't usually spend much time thinking about HOW this food gets to our home. Let's talk about who is responsible for making each ingredient.

- A **baker** made this bread. He worked hard to grind the wheat into flour, knead the dough, bake the bread, and package it for the store.
- A **farmer** grew this lettuce. He plowed the field, sowed the seeds, and harvested the lettuce when the time was right.
- A **dairy** farmer made this cheese. She milked the cows, churned the milk, aged cheese, and brought it to the store when it was perfectly molded.
- A **rancher** raised the meat on our sandwich. She bought or birthed the cattle at a young age, made sure they had plenty of land to graze on, kept the cattle healthy and happy for several years, and processed the meat so we could have it on our sandwich.

All of these people have important responsibilities that allow us to have the bread, lettuce, cheese, and meat necessary to make a sandwich. Let's see what happens when some of them forget their responsibilities.

Have each group (or student depending on the number of sandwiches you made) place their sandwich in front of them. Read the following directions:

1. The farmer decided to take a year off. He did not plant any lettuce because he was traveling the world. Remove the lettuce from your sandwich.
2. The rancher forgot to let the cows out to graze in the pasture. The cows became very sick and could not be sold for meat. She was irresponsible with her animals. Remove the meat from your sandwich.
3. The baker did not pay his electricity bill and cannot bake the bread. He did not practice self-discipline with his money. Remove the bread.
4. What are you left with? (cheese) Do you even have a sandwich anymore? No!

Emphasize the role that each community helper had in making sure the ingredients you needed for your sandwich were at the store, waiting for you. They were responsible for their part, and because of that you can eat a nice meat and cheese sandwich without worrying that you cannot buy all of the ingredients!

NOTE: If you plan to have students eat their sandwich, they should wear plastic gloves and make their sandwich over two paper plates: one to hold the ingredients while they make the sandwich (and disassemble) their sandwich on the other plate.

You could also simplify this lesson and make a **trail mix instead of a sandwich using goldfish crackers (farmer grows the wheat), chocolate chips (another farmer harvests the cacao beans), raisins (a grape producer takes time to dry the grapes properly), salty pretzels (a baker to bake the crunchy snacks just right). Consider food allergies when doing either activity.*



Reflect

5-7 minutes

Have your class gather in your circle time/community area. As a class, fill out the Sandwich of Responsibility worksheet. Use the following questions to help you fill out the sheet (*adjust accordingly if making something other than a sandwich*):

- What responsibilities does the baker have to make sure we have bread to eat? (He grinds the wheat, kneads the dough, baked the bread, etc. Students draw or write in answers.)
- What responsibilities does the farmer have to make sure we have fresh lettuce?
- What responsibilities does the farmer have to make sure we have delicious cheese for our sandwich?
- What responsibilities does the rancher have to make sure we have healthy, fresh meat?

After the worksheet is completed, ask a few of these follow-up questions for personal reflection:

- What would happen if you always forgot to feed your pet?
- What would happen if I didn't make enough copies for one of our lessons here at school?
- How can we fix things when we forget to do something?



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AND EMOTIONAL
LEARNING.

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
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Sandwich of Responsibility

Bread



Lettuce



Vegetables



Cheese



Meat



Bread

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