



Choice Board Lesson Plans



Week 6: Moving Forward: Community Action

Division: JUNIOR / INTERMEDIATE

Category:

Comm & Team Building --- Physical Activation --- Social Emotional Skill Development

Lesson Title:

Compassionate Citizenship

Learning Goal:

Discuss examples of good citizenship and conduct an act of compassionate citizenship.

Student Pre-Reflection:

Before you begin, think about...

What does "citizenship" mean to you?

What responsibility do citizens have?

Do you practice good citizenship in your community?

Learning Task/Activity:

Explain to students that good citizenship include acts such as:

- Caring for the environment
- Recycling and not littering
- Showing kindness to neighbours and community members
- Volunteering

Compassionate citizenship are acts that are about supporting others in the community because we are stronger when together.

Invite students to participate in an act of compassionate citizenship. This may include:

- Write a letter to a local organization thanking them for all that they do for the community.
- Email a healthcare organization to say thank you for going above and beyond
- Call a neighbour to check in to see how they are doing and to ask if they need anything
- Get creative and perform an act of compassionate citizenship using your own method

Ideas for Follow up / Discussion:

How did you feel after completing your act of compassionate citizenship?

What are other ways you can continue acts of compassionate citizenship?

How could you perform compassionate citizenship at your school?

Further Resources:

Adapted from PHECanada

[PHE Canada](#)

Learning Connections

We develop social-emotional learning skills throughout our lives. SEL has been shown to support student emotional wellness, when offered in the context of a caring, inclusive, equity-minded classroom setting. When student identity is affirmed, and skills are introduced in a developmentally appropriate and sequenced manner, students can select and adopt social-emotional strategies that build on their strengths. Both elementary and secondary curriculum contain expectations for social-emotional learning. Here is an outline of the six skill categories of social-emotional learning. The two highlighted skills will be the focus of this lesson series. Integrating opportunities for students to practice and discuss stress management and coping strategies will benefit learning in all subject areas.

Students will learn skills to:

- **identify and manage emotions**
- **recognize sources of stress and cope with challenges**
- maintain positive motivation and perseverance
- build relationships and communicate effectively
- develop self-awareness and sense of identity
- think critically and creatively

So they can:

- **express their feelings and understand the feelings of others**
- **develop personal resilience**
- foster a sense of optimism and hope
- support healthy relationships and respect diversity
- develop a sense of identity and belonging
- make informed decisions and solve problems

The resources in this series contain links to sources external to HWDSB such as YouTube and TedTalk. The written content also relies on information gathered from external sources such as School Mental Health-ASSIST, Ophea and others.

Your feedback is appreciated, please follow the link: <https://ca.research.net/r/educatorfeedback>



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