



PROJECT IDEA

Building Block Activity and Story *By Jessica Ryan*

This activity is an example interactive story to be used with elementary and middle school clubs! It can be read out loud while the club members complete the actions that are stated throughout the story. A sample activity sheet can be made with all of the words from the block tower. The student can pick one of the words such as: LATE. There are 2 reflection questions at the end of the activity.

STORY

Story:

Your whole house overslept! Everyone woke up late and you rushed through your cereal; with only enough time to have a few bites..

Stack LATE & HUNGRY blocks

Not only are you hungry, but you realized that you forgot part of your homework in your bedroom.

Student stacks FORGOT block

When you had to tell your teacher that you forgot part of your homework, she told you that she was disappointed because this was the second time this week and she knows you are capable of much more.

Student stacks DISAPPOINT block

A little while later, you have a small science vocabulary quiz. You get a little nervous because these are tricky words. And you don't know if you studied enough.

Student stacks QUIZ block

ITEMS NEEDED

1. Blocks that you can write on or adhere word:
2. Activity sheet (lists all the block words for student reference)

Then at recess, you are so excited to just have a moment outside when you can breathe and take a break! Maybe even take a MINDFUL MOMENT that you learned in KM365! So, you go to play basketball, but the group says they have too many players.

Student stacks RECESS block

Finally!! You get to eat your lunch because that few bites of cereal just did not cut it! You start eating, & feeling better! Hanging out with your neighbors at the lunch table, talking. And.....

AHHHHCHOOOOO!

Your neighbor sneezes all over your sandwich. While it is in your mouth. You drop your sandwich into your lunchbox. You like your friend at all, but you are NOT finishing that.

Student stacks CAFETERIA block.

Then your classmate cuts you in line to go back to class. They bumped you so hard that you bounced back a little. You grumpily say, hey watch it, you cut me! Your friend responds with, "WHATEVER" with an attitude. You don't even have the energy to respond because you're still so hungry.

Student stacks FRIEND block.

Back to class. The day is almost done. You just have to get through math. You are working on your classwork but you were just not understanding it. It is so confusing for you and plus you are hungry and had a tough day so this is probably the last thing you want to do right now. But before you know it, you are packing up to leave and you didn't even finish your classwork! Now your classwork has become extra homework.

Student stacks HW block

The day is done but you are headed to After School Care. You get your homework out. It is so loud in there! You have read the words on your paper over and over again, but it is too difficult to concentrate.

Student stacks LOUD block

Yay! Your name is called to go home!

You jump in the car; so tired. So hungry. So frustrated. Your parent says, "Hi! How was your day?"

You respond with : HORRIBLE! (*This is where you knock down the tower of blocks at the same time*)

I forgot my homework & was hungry alllllll day because of YOU!! You overslept and made me late! I'm not done with my classwork, I had a hard quiz, no one would let me play basketball at recess, someone sneezed on my sandwich, I got cut and pushed in line and IT'S ALL YOUR FAULT!!

Ohhhhhh boy. You lost your cool. You say you're sorry, but you know that's not good enough. Can anyone tell me what you can do at home to let them know you didn't mean to explode?

Ex: Set the table for dinner, clean up something around the house w/o being asked, offer to help with dinner. Get yourself ready as much as you can the night before school every night.

Can we think of some MINDFUL MOMENTS that would've helped us throughout the day so you could manage your stress/bad mood?

Think about a time you had a conflict with this block. How did you make it better?

Contact ambassadorsupport@kindnessmatters365.org for questions or comments. 😊