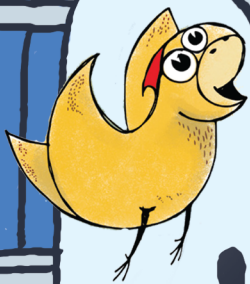




LEVEL 2 HOME KITS

WEEK #15

ZELDA GOES ON HOLIDAY





ZELDA GOES ON HOLIDAY

ACTIVITY 1

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Demonstrate an understanding of compassion for those less fortunate than them
- See things from a different perspective

RESOURCES

- None

VOCABULARY

- Beggar
- Shocked
- Surprised
- Worried
- Empathy

ACTIVITY

- Explain the meaning of empathy.
 - For example: “Empathy is when you understand and care about what someone else is feeling.”
- Invite your child to role-play with you. Tell them that you will pretend to be a cat who has lost her way and can't find her way home. Invite your child to play-act with you – they are a young girl or boy who comes across the cat. They can ask you questions and relate to you in any way they would like to.
 - Describe how scared and sad you are feeling and that you are cold out on the street.
 - Encourage your child to ask you (the cat) questions.
 - Ask them to describe to you how they think the cat is feeling, why, and what they think can be done to help the cat.
- Let your child know that when we try to feel what other people or animals are feeling, it helps us to be kind.
- To end the activity, sing the song below.

SONG (to the tune of “Did You Ever See a Lassie” or chant it)

Empathy is understanding
and caring about what someone is feeling
You can help them and be kind,
And show them you care.
In this way or that way
In these ways or those ways
You can help them and be kind,
And show them you care.

ZELDA GOES ON HOLIDAY

ACTIVITY 2

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Demonstrate an understanding of compassion for those less fortunate than them
- See things from a different perspective

RESOURCES

- None

VOCABULARY

- | | | |
|-----------|-------------|--------|
| • Empathy | • Surprised | • Poor |
| • Shocked | • Worried | • Beg |

ACTIVITY

- Start the activity by singing the song from Activity 1.
- Then ask your child if they know that some people are very poor and have no money to buy food. If you have passed by someone on the street asking for money, talk about what this must feel like for the person who has to beg. *This will help your child to understand that they can imagine the feelings of others and develop empathy.*
- Ask your child about different times when they have felt surprised, worried, or shocked. *If necessary, guide your child to remember situations when they experienced the feelings, so they can remember what it felt like for them at the time.*
- Remind your child that empathy is when you understand and care about what someone else is feeling. Tell them that sometimes by looking at someone, you can see what they are feeling because they show it in their face and body.
- Now invite your child to play a game. Tell them in the game, you will only show them your face, and then they must guess what you are feeling. Exaggerate facial expressions for the feelings listed above in the vocabulary list, and then ask your child what they think you are feeling.
 - Now, talk about a situation where you have helped someone in need. Tell your child what happened and how you knew how they were feeling, and describe how that made you feel. Talk about how you wanted to help the person and what you did to help.

ZELDA GOES ON HOLIDAY

ACTIVITY 3

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Demonstrate an understanding of compassion for those less fortunate than them
- See things from a different perspective

RESOURCES

- None

VOCABULARY

- Kind
- Shocked
- Surprised
- Worried

ACTIVITY

- Begin the activity by singing the song in Activity 1.
- Then invite your child to play a game of “Guess how they feel.” You might go for a walk or sit somewhere where you can see people passing by.
 - Tell your child that you will guess the feelings of people that pass by.
 - Provide an example to your child by pointing out why you think someone was happy, sad etc., and discuss their facial expressions, body language, tone of voice (if you hear them) and general demeanour.
 - Then, invite your child to guess.
- Ask your child, if they were to see someone sitting out in the cold, on some cardboard, who doesn’t have a home or a place to sleep, what would they feel?
- Then ask them how they would feel if they sat outside in the cold.
- Ask your child what they could do to show kindness and care for the person who has no home or is forced to beg.
- Ask your child, “How do you think you could help and support the boy?”
- Remind your child that when we try to feel what other people are feeling, it helps us to be kind.

ZELDA GOES ON HOLIDAY

ACTIVITY 4

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Demonstrate an understanding of compassion for those less fortunate than them
- See things from a different perspective

RESOURCES

- Toy/Ball

VOCABULARY

- Kind
- Shocked
- Surprised
- Worried

ACTIVITY

- Start the activity by inviting your child to sit with you in a quiet space where you can give them your full attention. In this activity, you are going to demonstrate empathy to each other. Now, show your child that you have a toy (or ball). Explain that whoever holds the toy is the only person who can speak, and the other person must listen carefully.
- Start the activity by giving the toy to your child and then ask them what is on their mind today. What have they been feeling? Let them talk freely and listen carefully to what they say. *If necessary, you can help your child get started by talking about something that happened at home and then asking them how they feel about it.*
 - When they have finished talking, show empathy by validating their feelings and letting them know that you understand how they feel.
- When it is your turn, ask your child to pass you the toy. Now talk about a situation you experienced and discuss your feelings. Ask your child what they would feel if it happened to them. Would they feel the same way? *In the future, you may wish to invite other siblings to join in the activity to allow children to see each other's point of view and develop empathy towards each other.*
- Explain that when someone is kind to us, we feel special.
- Ask your child if someone has been kind to them today. What did they do? How did it make them feel? *If your child can't think of anyone who has been kind to them today, remind them of what they have felt when someone has been kind to them in the past.*
- Talk to your child about being kind to others. Ask them how they can be kind to another family member or a neighbour. Then discuss different things you can do to be kind, for example, asking how someone is or helping someone clean up the garden.
- To end the activity, sing the song from Activity 1.

ZELDA GOES ON HOLIDAY

ACTIVITY 5

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Demonstrate an understanding of compassion for those less fortunate than them
- See things from a different perspective

RESOURCES

- None

VOCABULARY

- Donate
- Empathy
- Volunteer

ACTIVITY

- Ask your child what empathy is and remind them that empathy is understanding and caring about what another person is feeling.
- Then ask your child what empathy helps us to do (helps to be kind).
- Now ask your child how they felt when someone was kind to them.
- Then ask how they can be kind to others. Remind your child of some of the ideas you discussed in Activity 4.
- Explain to your child that sometimes people don't have enough money to buy food or pay for a home. Let them know that people and organisations can help by giving them a place to stay and food.
- Then talk about how you could show kindness as a family by helping in your community. Explain that you can volunteer at an organisation or donate something to help.
- Now invite the family to discuss ideas of what you can do to help others who need support. Ask your child to share with everyone in the family what they have been learning about in the different activities. Then, talk about what you could do as a family to help in the community. You could start a food collection, a clothes swap, or volunteer your time by helping at a local shelter for the homeless.

