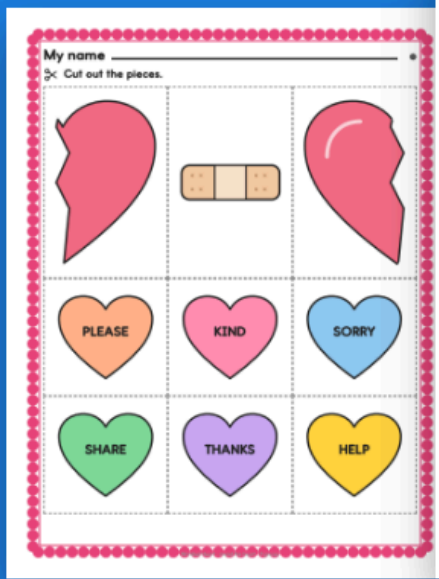
WRINKLED HEART

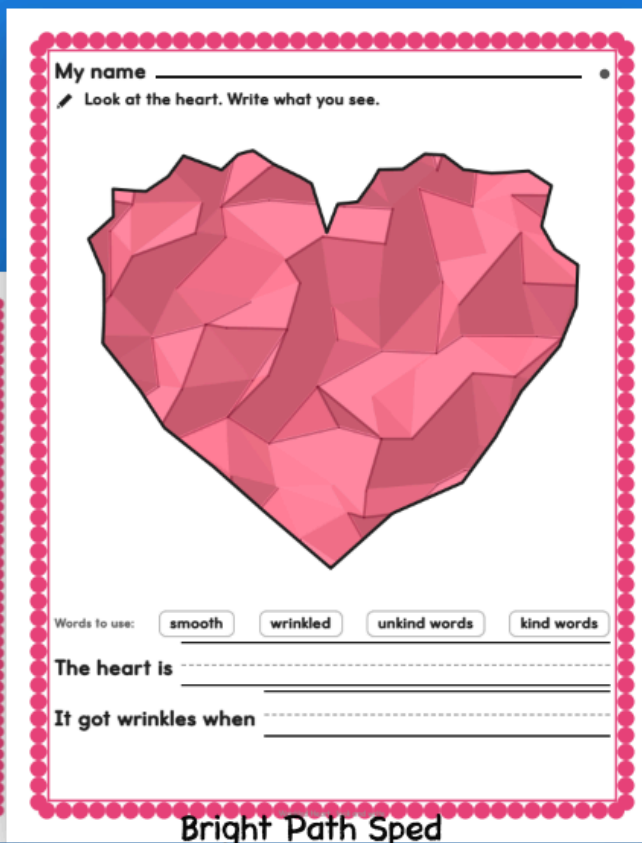
KINDNESS LESSON

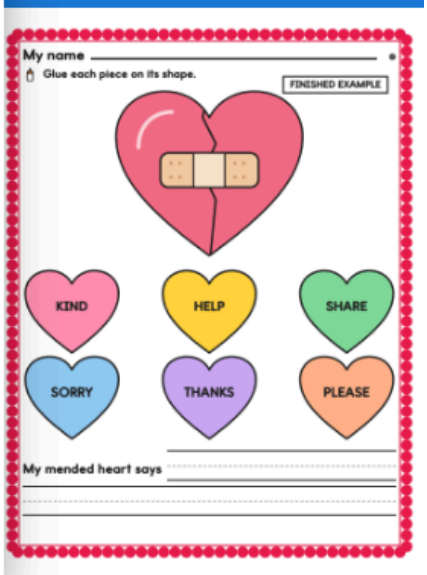
Kind Words Sort, Writing + Craft

K-2

15 PAGES







Bright Path Sped

Wrinkled Heart: Start Here



smooth crumpled wrinkled

What's inside (15 pages)

- **The lesson, in plain steps** (page 3): crumple a paper heart while the class names unkind words, smooth it flat, and look at the wrinkles that stay. Five short steps and blank lines for your own class talk
- **Look, write and draw**: *look at the wrinkled heart and write* (page 4) and *draw the heart before and after* (page 5)
- **Kind words and unkind words**: 8 pieces to cut (4 kind, 4 unkind) on page 6, and a sorting mat with 8 glue targets the same size on page 7
- **Writing**: *say it kindly* turns 4 unkind sentences into kind ones (page 8); *a kind word I can say* has a word bank, two lines and a draw box (page 9)
- **Mend the heart craft**: 9 pieces to cut (two heart halves, a bandage and 6 kind word hearts) on page 10, and the page to glue them on, page 11
- **Kind words promise** (page 12): color the heart, finish two lines and sign it
- A class record page with the answer key (page 13), a family letter (page 14) and credits (page 15)

Five days, short sessions

- **Day 1 — The lesson.** Do the steps on page 3 with the whole class. Then pages 4 and 5.
- **Day 2 — Kind words and unkind words.** Cut the pieces (page 6), sort and glue them on page 7.
- **Day 3 — Say it kindly.** Pages 8 and 9.
- **Day 4 — Mend the heart.** Cut the 9 pieces (page 10) and glue them on page 11.
- **Day 5 — Promise and share.** Page 12, then send the family letter (page 14) home.

Making it easier or harder

● **Starting** pages 4, 5, 12 ■ **Building** pages 6, 7, 9 ▲ **Ready for more** page 8. Read the sort pieces aloud for a child who is not reading yet, or pre-cut the pieces. A partner can hold the glue stick.

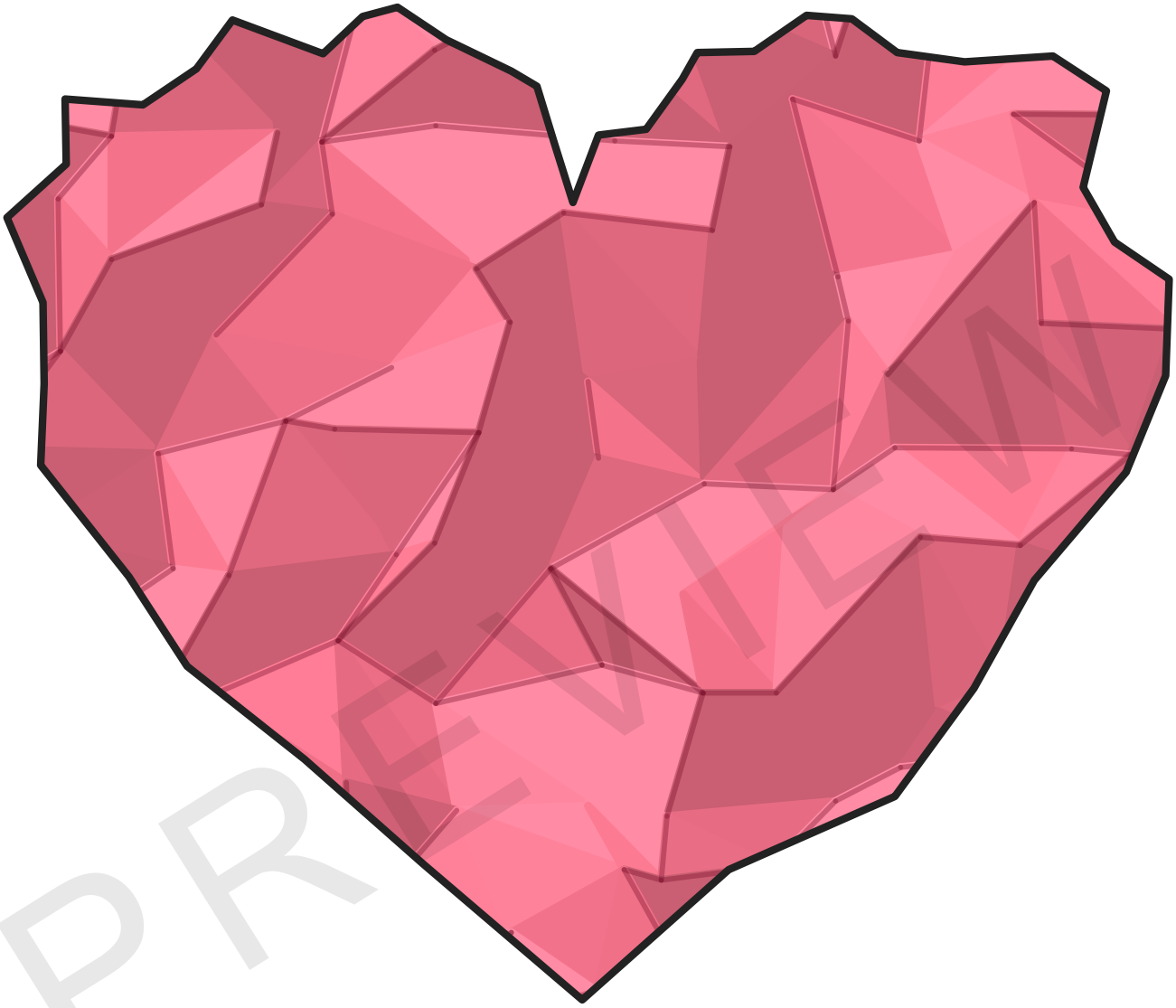
Prep

You need red or pink paper (one heart for the class, or one for each child), scissors, glue sticks and crayons. Print on regular paper. Every cutting page is a grid, so each cut is one straight line. Answer key: page 13.

PREVIEW

My name _____

Look at the heart. Write what you see.



PREVIEW

Words to use: smooth | wrinkled | unkind words | kind words

The heart is _____

_____

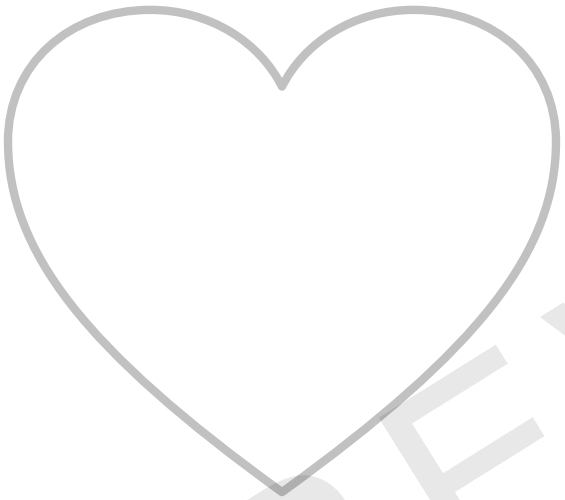
It got wrinkles when _____

_____

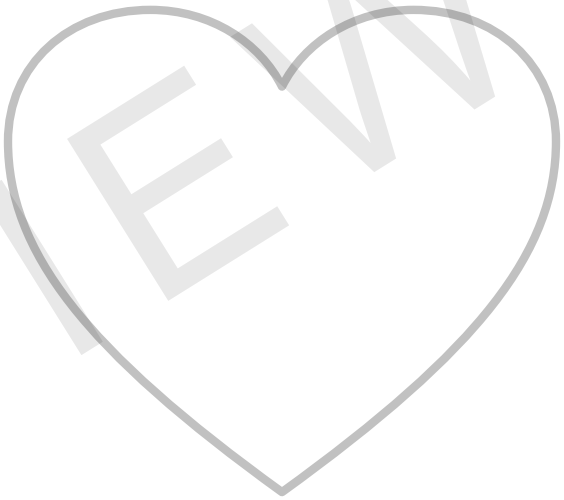
My name _____

Draw the heart before and after.

Before



After



PREVIEW

Before, the heart was _____

After, the heart was _____

My name _____

Glue each word in the right heart.



KIND WORDS



UNKIND WORDS

PREVIEW

My name _____

Finish the sentences. Draw a smooth heart.



KIND WORDS

Words to use: please | thank you | sorry | good job | can I help?

A kind word I can say is _____

_____

I can say it to _____

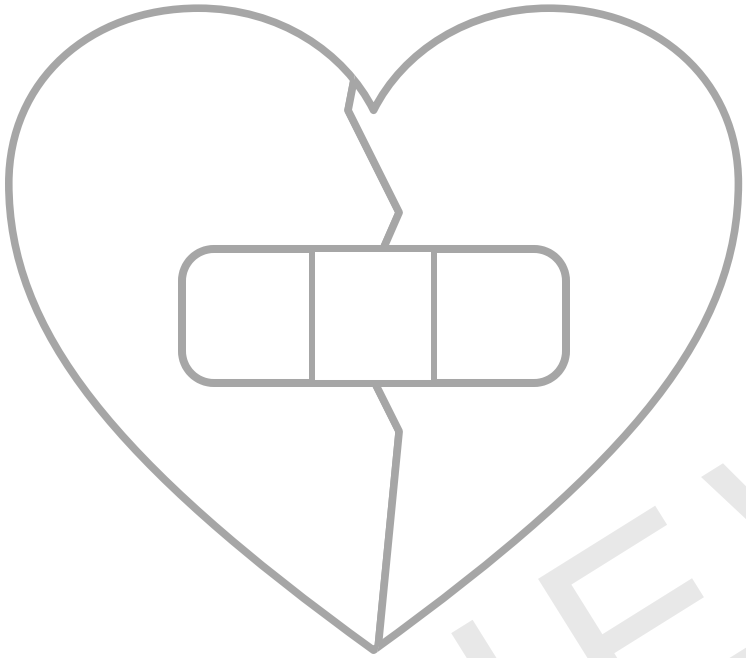
_____

Draw yourself saying it.

PREVIEW

My name _____

Glue each piece on its shape.





My mended heart says _____

PREVIEW

Wrinkled Heart Record

One row per child. Mark each activity done and write a word on how it went.

Class: _____ Week of: _____ Teacher: _____

Student	Heart lesson	Sort (of 8)	Say it kindly	Kind word	Notes

Answer key

Kind and unkind words (pages 6-7): the pieces in the order they print.

No.	Words	Sort into
1	Go away!	unkind
2	Thank you!	kind
3	You can't play.	unkind
4	Can I help you?	kind
5	That is a dumb idea.	unkind
6	Good job!	kind
7	I don't like you.	unkind
8	You can play with us.	kind

Mend the heart (pages 10-11): 9 pieces, each the same size as its shape.

Piece	Where it goes
Two heart halves	side by side so the zigzag edges meet
The bandage	across the zigzag
6 word hearts	in two rows of three under the heart: kind, help, share, sorry, thanks, please

Say it kindly (page 8), a kind word (page 9) and the writing on pages 4 and 12 have no single right answer: any answer that fits is fine.

Next week we will: _____

PREVIEW