

# Kids for Kids Intro Session 5

LESSON TITLE		Feeling lonely
OBJECTIVES		PREPARATION
<ul style="list-style-type: none"> <li>Explore the themes of loneliness - how it feels and how we can help.</li> <li>Perspective-taking</li> </ul>		<ul style="list-style-type: none"> <li>Gather rocks (one per student), acrylic markers, and newspapers.</li> <li>Pre-read <i>Lubna and Pebble</i> by Wendy Meddour and Daniel Egneus.</li> <li>Have nametags ready.</li> </ul>
CURRICULUM		
<p><b>WARM UP</b> (validate existing knowledge)</p>	<p><b>Recap</b></p> <ul style="list-style-type: none"> <li>“What did we talk about last time?”</li> </ul> <p><b>Being Alone</b></p> <ul style="list-style-type: none"> <li>“What are your favorite things to do when you are alone?”</li> <li>“What is the difference between being alone and being lonely? Lonely is being alone but feeling sad about it. Sometimes we are alone but don’t feel lonely.”</li> <li>“When have you felt lonely recently? What did it feel like? What did you do to stop feeling lonely?”</li> </ul>	7 min
<p><b>NEW IDEAS</b> (introduce and apply new content)</p>	<p><b>Lubna and Pebble</b></p> <p><b>Pre-reading:</b></p> <ul style="list-style-type: none"> <li>“As we read, let’s think about what Lubna is experiencing.”</li> </ul> <p><b>Post-reading:</b></p> <ul style="list-style-type: none"> <li>“Where were Lubna and her Dad? Why do you think they were there? A refugee camp is a temporary place to live when people are fleeing their home country.”</li> <li>“Why was Pebble so important to Lubna?”</li> <li>“Why did she give Pebble to Amir?”</li> <li>“How did she know this would help Amir?” <i>Make the point that because she had a similar challenge, she felt like she knew what he needed. Reinforce that our challenges can be tools for helping people.</i></li> </ul>	15 min

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WRAP UP  
(gauge new  
learning)

### **Our Own Pebble**

- *Distribute rocks and markers. This may require newspaper underneath.*
- *“Think about how the rock in the book helped both Lubna and Amir. Now is your turn to design a rock that could help you or someone you know. Think about how you want the rock to make someone feel.”*
- *Once kids have finished their rocks, you can display them throughout the room and do an “art walk” for kids to appreciate each others rocks. They can share something about the rock and how it can help someone.*
- *In order to help the rocks set, you can give them a coating of Modge Podge.*

15 min