

100 Degrees of Caring

One project that teachers often track is the first 100 days of school. This bulletin board uses that same premise, but focuses on 100 different ways the class was “caught” caring for themselves and others.

Caring Sub-Concept(s)

Compassion, Helpfulness, Gratitude, Kindness

Project Timeframe

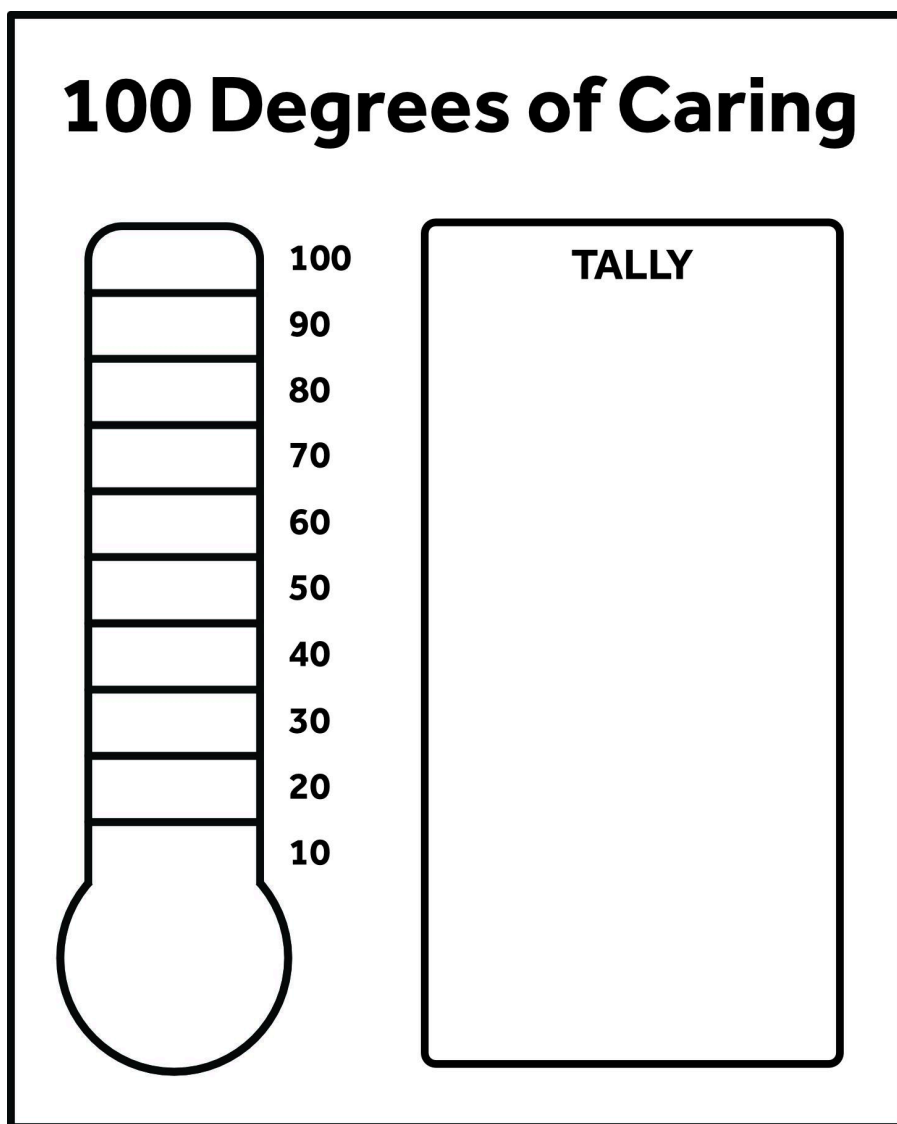
25-30 minutes

Required Materials

- ☐ Small rocks, blocks or tickets
- ☐ 1 cup for each student
- ☐ Star stickers
- ☐ Bulletin board supplies

Step 1:

Create your “100 Degrees of Caring” Bulletin Board. Use the following as a template, adding your own personal touch!



Like a thermometer, each section of the thermometer represents 10 caring acts. Make sure you have all 10 bars to reach 100 at the top. Let's get this class fired up to care!

Step 2:

Place a cup for each child at the desk or in the center of the community table. Explain that you will be catching the students caring throughout each day. As you see caring or any of its helpers (compassion, helpfulness, and gratitude), you will drop a rock (or whatever item you choose) into their cup. Encourage students to also let you know when they observe others caring as well. This is the good type of "tattling"! The goal is to highlight caring throughout your school day.

Step 3:

At the end of the week, gather at your circle time/community area and have the students bring their cups. Have students tap their knees and join you in a song/chant about caring. This will reinforce the definition of caring while creating a steady beat to help calm their bodies and increase ability to focus. Call each student up and have them dump their rocks (or blocks, etc.) into a large bowl. As students come up, have them share one way they showed caring to themselves or others during this week. Once every student has added their caring to the bowl, draw tally marks to the side of the thermometer. For every 10 acts of caring, color in one bar on the thermometer. You can have the student of the day/week help you or pick students randomly if possible. Repeat for 4 weeks OR until you reach 100 caring acts!

Step 4:

Celebrate 100 Degrees of Caring! Just like you have a 100 Days of School party, have a party for this event as well. To play up the kindness involved in reaching this goal, invite special teachers, the principal, and parents to your party as well!

Caring Song/Chant Idea (to the tune of "Row, Row, Row, Your Boat"):

I can care for you,
I can care for me.
Helping someone out
really makes me happy.



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The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

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