

**RULER ANCHOR**

**THE CHARTER**

**THIRD GRADE**

MY NAME \_\_\_\_\_

DATE \_\_\_\_\_

Duration: 20 minutes on first day, and 5 minutes on each following day for a week.

**1**

Family members and grown ups, please read this first before your child leads the activity.

**Key Ideas:**

- The quality of how we interact socially in the classroom – among students and teachers – creates the emotional climate of the classroom and influences how we feel about ourselves and one another.
- Research shows that when we feel emotionally connected and respected, we are more successful learners.

**Activity Goals:**

The goal of this assignment is for your third grader to:

- Cultivate goodwill toward oneself and others as a daily practice.
- Notice if this practice is contributing to feeling warmly toward others and to a positive emotional climate at home.

**Activity Steps:**

1. Your third grader should ask each family member for three specific words to describe how they want to feel at home, and write them down on the Activity Sheet.
2. The remainder of the activity will be a silent daily practice and reflection for your third grader.

**Word Bank**

*Our experience has been that families often like to use words like these. Which words do you like? Feel free to include other emotion words that may not be listed.*

Belonging	Loved	Safe	Welcomed	Warm
Supported	Respected	Comfortable	Empowered	Content
Excited	Nurtured	Encouraged	Appreciated	Happy
Grateful	Relaxed	Connected	Peaceful	Understood

2

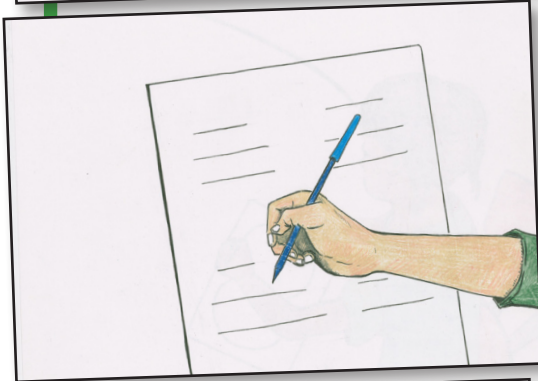
Student, follow the first steps and then have fun doing the activity!

First Step

Student, do this first in your own words, then go to the activity.

Tell your family about the Classroom Charter and how it works at school.

The Activity



With Your Family:

1. Ask each person in your family to share three emotions they'd like to feel more often at home.
2. Write a list of those words on Activity Sheet 1. Remember to include yourself.

On Your Own:

1. Find a quiet place within yourself or your environment. Think about the 3 feelings you'd most like to have at home and send yourself a wish for each. For example, if you chose loved, you can say, "May I feel loved." Put your whole heart into it.
2. Repeat this for all 3 feelings.
3. Then, think of each family member. One at a time, wish them the 3 feelings they would most like to have. For example, if your brother says he'd like to feel "respected," "happy" and "funny" then thinking of him, you would say to yourself, "May you feel respected. May you feel happy. May you feel funny." Repeat this for each member of your family. Put your whole heart into it.
4. Remember, this activity sheet is just for you to see – no one else needs to look at it – but you can share it if you want.

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Interview family members!

ACTIVITY SHEET 1

HOW WE WANT TO FEEL AT HOME

INSTRUCTIONS:  
Write down the name of your family member and three ways they want to feel at home.

Name \_\_\_\_\_  
How I'd like to feel at home:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Name \_\_\_\_\_  
How I'd like to feel at home:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Name \_\_\_\_\_  
How I'd like to feel at home:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Name \_\_\_\_\_  
How I'd like to feel at home:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Name \_\_\_\_\_  
How I'd like to feel at home:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Name \_\_\_\_\_  
How I'd like to feel at home:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

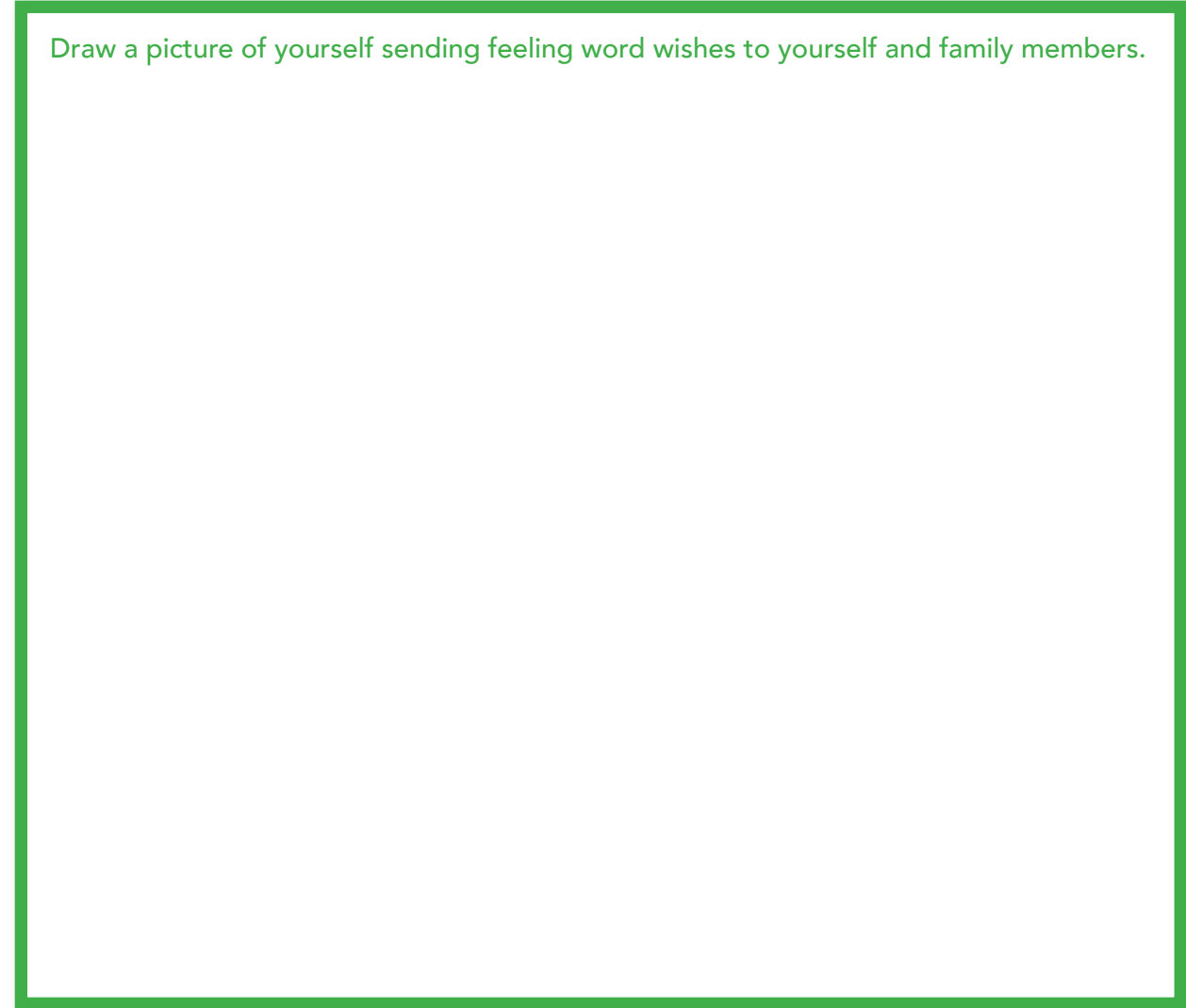
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Reflect on how you felt.

ACTIVITY SHEET 2

SENDING FEELING WORD WISHES

Draw a picture of yourself sending feeling word wishes to yourself and family members.



Write down how you felt after sending wishes to each of your family members for one week:

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