



ABC Kindergarten Lesson 1—*Listen and Learn*

By Cheri J. Meiners, M. Ed.

Listen and Learn teaches children what listening is, how to listen, and why it's important to listen. This book talks about ways to listen in a positive manner and what to do when someone doesn't listen to you.

Asset Focus

- # 2: Positive Family Communication
- # 3: Other Adult Relationships
- # 15: Positive Peer Interaction and Influence
- # 21: Achievement Expectation and Motivation
- # 22: Children are Engaged in Learning
- # 24: Enjoyment of Learning and Bonding to School
- # 33: Interpersonal Skills
- # 37: Personal Power

Before You Start...

Before you start, sit in a chair in the front of the room. Have the students be seated on the rug in front of you. (Most Kindergarten rooms are set up so that the children have assigned spaces in rows on the rug). Make sure everyone is comfortable and sitting cross-legged "like a pretzel" or "crisscross like applesauce".

Lesson

The following lesson is in the form of a script designed to be read aloud. Items in parentheses are information for you, the leader, and should not be read aloud.

Good morning everyone! My name is _____, and I am _____'s mom/dad/grandparent. I am a volunteer for Project Cornerstone's ABC Program. Every month, I will be coming to your classroom to read a story and do an activity with you. We will be learning how alike and different we are and how we can all get along together. We are going to have fun!

Before we start, I want to learn your names because we will be talking together. My name is _____. Can you all say it? (Pause for them to say your name.)

Let's see if you all have your name tags on. I would like to learn your names, so when I point to you please say "My name is _____." It may take me a little while, but if you help me I will learn them. (Go around and have the students introduce themselves.) Well, it's nice to meet you all. Let's see if you remember my name. What's my name? (Pause for them to say your name.)

One more thing is that we have to have a few rules for ABC time because we want to make sure everyone has a turn and feels safe to share their ideas. Here are a few rules we can start with:

1. Raise your hand.
2. Listen to each other.
3. It is OK to say "I don't know."

Now we are ready to read our first book—*Listen and Learn* by Cheri J. Meiners. (Show book.) What do you think this book is about? Who are the people on the cover? Who is in the book? (Some students may

forget about Rule 1, so say something like “I really like the way Justin is raising his hand quietly” or redirect the whole class by saying something like “Show me how we raise our hands.”) OK, let’s see what’s going to happen.

(Open to the dedication page, read the dedication, and acknowledge the illustrator.)

(Read the pages slowly. Have the students sitting in front able to see the book clearly. Hold the book to the side, read, and then move it across the room so all can see. As you read each page, ask the students the following☺)

What’s happening in this picture? Remember to raise your hands....

(The following are questions to ask for each page of the book. You may want to read through the book once and then go back and ask the questions or it may seem more natural to ask them as you go. In case they are having a hard time paying attention, the more important questions are in **bold text**.)

*Pgs. 1-3	Who’s listening? Why should we listen?
Pgs. 4-9	What three things do you do when you listen?
Pgs. 10-11	How can you get help if you don’t understand something?
Pgs. 12-13	What are some times we listen as a group? How do you know it’s your time to speak?
Pgs. 14-17	Why is it important to listen to directions?
Pgs. 18-19	What are some times when it’s easy to listen? Why?
Pgs. 20-21	What are some times when it’s hard to listen? What can you do if you need help listening? (Talk about paying attention, ignoring other sounds, listening with whole self, tuning in and tuning out distracting noise, etc.)
Pgs. 22-23	How does it feel when you listen and someone listens to you?
Pgs. 24-25	What are some times when listening and talking can solve problems?
Pgs. 26-27	What are some things you like to talk about with your family?
Pgs. 28-31	What do you do with your body and eyes when you listen? What is respect? <i>(“When you show respect to people, you show that you think they are important. Listening show that you think they are important. Listening shows that you think a person’s ideas are important.”)</i>

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So, let’s talk about the important listening rules that we learned from this book. (Show sign.) They are to keep quiet, look at the speaker, and think about what you hear.

(At this point, the students have been doing lots of listening and may be getting restless. Thank them for being good listeners, if that is true. Have them stand up and shake their wiggles out, shake their hands, stamp their feet, give a clap, take a deep breath and let it out slowly, etc.)

Activities

Choose one of the following activities to do with the class. Choose the activity whose level best fits the capabilities of the class.

Level 1: Listening with your eyes and body

Let's see who remembers: What do we use to listen? (body, eyes, and ears) Now we're going to play a listening game where you use your eyes to listen and pay attention to what I'm doing. Using your body and eyes, I want you to mirror what I am doing. (Move your body in different ways with no sound-turn around, touch the ground, arm circles, stand on one foot, roll hands, shake hands, etc. Start with one motion and have them copy what you do. Once that is easy, move to the next part of this activity.

Wow, you're all really good listeners! In fact, you're such good listeners that I'm going to make it harder. I'm going to do two or three motions in a row, and you should copy my motions after I snap my fingers. Remember, wait until I snap my fingers! (Then bend down, touch your toes, put your hands on your hips, and snap your fingers for them to repeat the motions. Then, wiggle your hips, touch your shoulders, fold your arms, etc. Continue making up your own combination of moves.)

Level 2: Simon Says

We're going to play "Simon Says," which is a listening game that uses your ears and your body. Here are the rules. I am going to be Simon, and when I say "Simon says do something," you have to do whatever it is that Simon said to do. If I don't say "Simon says," you don't do it. For example, if I say "Simon says jump two times," you should jump two times. But if I say "Clap once," no one should clap because I didn't say "Simon says."

Now, usually, in Simon Says, you have to sit down when if you do something that Simon didn't say to do. But because we're practicing listening, we're going to change the rules! In this game, the whole class wins when everyone in the class follows directions to do what Simon says and doesn't do what Simon doesn't say to do. Is everybody ready to play?

(Start leading "Simon Says.")



How We Listen

1. Keep quiet.
2. Look at the speaker.
3. Think about what you hear.



Dear Parent/Guardian:

Hello, my name is _____ . I am a volunteer for the Project Cornerstone program called ABC (Asset Building Champions), and I will be in your child's classroom this year to read stories and lead discussion about character skills and developmental assets.

Each month, I will be reading a book published by Free Spirit in the "Learning to Get Along Series" If you would like to purchase home copies of the book, you can order off their website: www.freespirit.com. This month, we will be reading Listen and Learn by Cheri J. Meiners.

Listen and Learn teaches children what listening is, how to listen, and why it's important to listen. The book talks about ways to listen in a positive manner and what to do when someone doesn't listen to you. Please ask you children what they learned about listening and what body parts we use to listen (body, eyes and ears). You can also ask them how they use their body (staying quiet so everyone can hear), how they use their eyes (to watch the speaker and see what he/she is doing), and how they use their ears (to listen to the speakers words and ideas).

My goal in this program is to teach skills to our children that can help them get along with others, make and keep friends, make decisions, and solve problems both now and in the future. My lessons with your child are built on the research completed by Search Institute on the developmental assets framework. (For information on developmental assets, please visit our Web site at www.projectcornerstone.org.) The lesson for Listen and Learn focuses on the following assets:

- # 2: Positive Family Communication
- # 3: Other Adult Relationships
- # 15: Positive Peer Interaction and Influence
- # 21: Achievement Expectation and Motivation
- # 22: Children are Engaged in Learning
- # 24: Enjoyment of Learning and Bonding to School
- # 33: Interpersonal Skills
- # 37: Personal Power

By talking about these concepts in class, we hope to create a common language and vocabulary about student respect for our entire school community. I encourage you to use the same vocabulary to discuss these topics in your home that we use at school. When your child uses good listening skills, give them positive comments, such as "I like the way your body is still as you listen to me" or "I like the way you are looking at your dad while he is talking!"

If you would like more information about the ABC program, please contact me or check the Project Cornerstone Web site mentioned above. Also, if you have a few hours a month to volunteer at school, let me know. I would be glad to tell you how you can get involved with this great program!

Sincerely,

ABC Volunteer



Querido Padre/Tutor:

Hola, mi nombre es _____, y soy voluntario(a) del programa de Project Cornerstone llamado ABC (*Asset Building Champions*), y este año estaré leyendo historias y guiando discusiones acerca de habilidades de carácter y elementos fundamentales del desarrollo en el salón de clases de su hijo(a).

Cada mes estaré leyendo un libro publicado por *Free Spirit* perteneciente a la serie "*Learning to Get Along Series*". Si a usted le gustaría adquirir copias de estos libros, puede ordenarlas en el sitio de Internet www.freespirit.com. Este mes estaremos leyendo "*Listen and Learn (Escucha y Aprende)*" de Cheri J. Meiners.

Listen and Learn les enseña a los niños lo que significa escuchar, el como escuchar, y el por qué es importante escuchar. El libro habla acerca de las formas para escuchar de una manera positiva y sobre el qué hacer cuando alguien no nos está escuchando. Por favor pregunte a su hijo(a) que fue lo que aprendió acerca de escuchar y que partes del cuerpo usamos para escuchar (el cuerpo, los ojos y los oídos). Usted puede preguntar también como usan su cuerpo (permaneciendo callados para que todos puedan escuchar), como usan sus ojos (para ver a quien está hablando y observar lo que él/ella están haciendo), y como usan sus oídos (para escuchar las palabras e ideas de la persona que habla).

Mi meta en este programa es enseñar a los niños las habilidades que puedan ayudarlos a llevarse bien con otros, ha hacer amigos, a tomar decisiones, a resolver problemas tanto ahora como en el futuro. Mis lecciones con su hijo(a) han sido desarrolladas en base a la investigación realizada por el Instituto Search sobre los elementos fundamentales del desarrollo. (Para información sobre los elementos fundamentales del desarrollo, por favor visite nuestra página de Internet en: www.projectcornerstone.org.) La lección para *Listen and Learn* se enfoca en los siguientes elementos fundamentales del desarrollo:

- # 2: Comunicación Familiar Positiva
- # 3: Otras Relaciones con Adultos
- # 15: Compañeros como Influencia Positiva
- # 21: Motivación por sus Logros
- # 22: Compromiso con la Escuela
- # 24: Alumnos Preocupados por su Escuela
- # 33: Capacidad Interpersonal
- # 37: Poder Personal

Al estar hablando acerca de estos conceptos en clase, nosotros esperamos crear un lenguaje común y un vocabulario acerca del respeto por los estudiantes en toda nuestra comunidad escolar. Yo lo invito a utilizar el mismo vocabulario para platicar sobre estos temas en casa. Cuando su hijo(a) haga uso de sus buenas habilidades para escuchar, hágale comentarios positivos tales como: "Me gusta como tu cuerpo también presta su atención cuando me estas escuchando", o "Me gusta la forma en que miras a tu padre cuando él está hablando."

Si desea obtener más información acerca del programa ABC, favor de ponerse en contacto conmigo o visite el sitio de Internet que mencioné anteriormente. Y si usted tiene algunas horas al mes para ofrecerse como voluntario en la escuela, hágamelo saber. Será un placer ayudarle a involucrarse en este maravilloso programa.

Respetuosamente,

Voluntario ABC