

Lesson Overview



Title: Introduction to The Shoebox Project 2

Grade Level

Gr. 7-8

Lesson Type

Class and individual

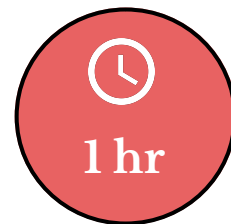
Duration

Subject

Social Studies
Language Arts

Skill(s) Developed

Communication
Creative Thinking



Topic: Building kindness, empathy and dignity

Learning Goals :

By the end of this lesson, learners will begin to understand the pillars of The Shoebox Project including concepts related to empathy, kindness and dignity.

Materials Needed:

- Chart Paper
- Markers
- Word Prompt Activity Worksheet (included)
- Dignity in a Shoebox activity worksheet (included)
- The Shoebox Project Fact sheet 2 (included)

Pre-Requisites

Introduction to Homelessness

Introduction to Homelessness 2

Introduction the The Shoebox Project



Introduction to The Shoebox Project 2

Gr. 7-8

PREPARATION

To prepare yourself and the learners for this lesson please see the **Teacher's Glossary** below for definition related to kindness, empathy and dignity. Instructor should also review all discussion questions for each activity in the lesson.

ACTIVITIES

Activity 1: Word Prompt

Activity 2: Dignity in a Shoebox

RESOURCES

[How to Treat People is Who You Are!](#)- Video

[Homeless: A Short Film](#)- Video

LESSON OUTLINE

1 Begin this lesson by reviewing the following terms with the class: intersectionality, privilege, and poverty from the previous lesson : **Introduction to The Shoebox Project**. Learners will then complete **Activity 1: Word Prompt** . This activity will helps learners understand the actions behind words such as kindness, empathy and respect. Then, instructor will introduce dignity to the class by doing **Activity 2: Dignity in a Shoebox** and use The SBP Fact Sheet 2 to outline the goals of The Shoebox Project and how it relates to building kindness, empathy and dignity throughout the community. Instructor should continue with the next lesson: '**The Right to a House.**'

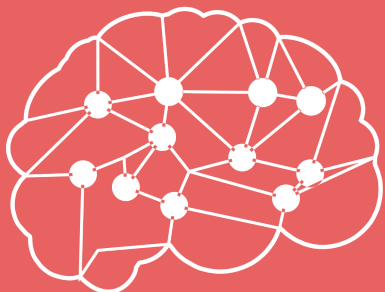
EVALUATION

After the completion of the lesson, the instructor may use the following rubric(s) to evaluate the learners.

Evaluation Rubric(s): Collaboration skills, Communication Skills Creative thinking skills



Activity



Title: Word Prompt

Grade Level

Gr. 7-8

Lesson Type

Individual

Duration



Subject

**Social Studies
Language Arts**

Skill(s) Category

Brainstorming

Topic: Understanding kindness and empathy

Materials Needed:

- Chart Paper
- Markers
- Video: How You Treat People is Who You Are!
- Video: Homeless: A short film
- Word Prompt activity worksheet

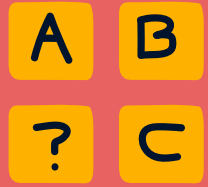
Instructions :

1. Instructor will define kindness for the class then show the video “How to Treat people is who you are” followed by discussion question 1.
2. Instructor will define empathy for the class then show the video, “Homeless” followed by discussion question 3 and 4 [Trigger Warning; This video depicts violence and may include scenes of death. Please be advised]
3. Learners will complete the word prompt activity worksheet by listing actions associated with each of the following words:
KINDNESS, EMPATHY , RESPECT
4. Evaluation Rubrics(s): Creative Thinking Skills

Discussion Questions:

1. Do we have a responsibility to be kind to others? Why or why not?
2. Interpret the following quote mentioned in the video: "No matter how educated, rich or cool you believe you are, how you treat people ultimately tells all."
3. What is empathy? Why is it important?
4. Discuss how empathy was shown in the video?
5. What are some of the risks associated with being homeless as shown the video?

Word Prompt



Instructions: Brainstorm **actions** that go a long with each word below.

KINDNESS

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-

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EMPATHY

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-

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DIGNITY

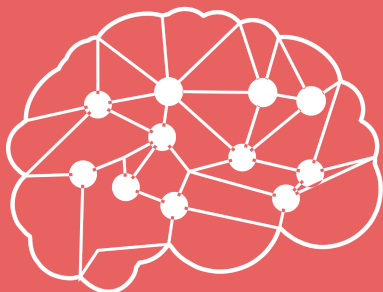
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Activity



Title: Dignity in a Shoebox

Grade Level

Gr. 7-8

Lesson Type

individual

Duration

Subject

**Social Studies
Language Arts**

Skill(s) Category

Communication



Topic: Understanding dignity

Materials Needed:

- Chart Paper
- Markers
- Video: [Homeless Day Spa Surprise](#)
- Dignity in a shoebox activity worksheet

Instructions :

1. Instructor will introduce this activity by defining and discussion question 1 and 2 with the class.
2. Show the video “Homeless Day Spa Surprise” by Prank it Forward followed by discussion questions 3 and 4
3. Instructor will introduce the goals of The Shoebox Project using the Fact Sheet below and then learners will follow the instructions to complete the Dignity in a shoebox activity worksheet followed by discussion question 5
4. Evaluation Rubric(s): Communication Skills

Discussion Questions:

1. What is dignity?
2. Brainstorm ways that we can show respect and dignity to others?
3. Why do you think the 'spa day' meant so much to the people who attended?
4. How does kindness relate to dignity?
5. How does The Shoebox Project promote dignity through its services?



The Shoebox Project

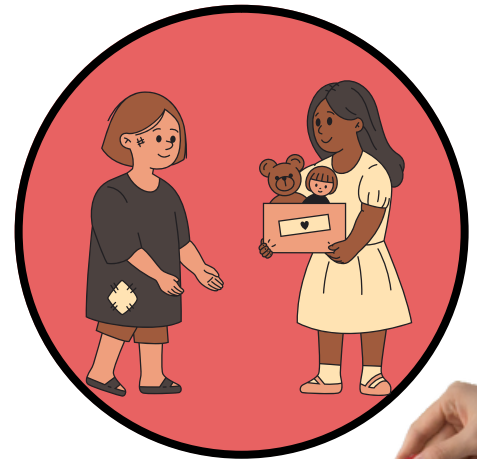
Gestures of Kindness

The goal of The Shoebox Project is to provide women experiencing homelessness and poverty with a small gesture of kindness. These gestures reflect the pillars in which the organization stands on: kindness, empathy and dignity.

You are loved

- Women who are homeless often report feeling like they're on edge of society looking in
- The Shoebox Project tries to let women experiencing homelessness know that they have not been forgotten and that they remain a valued member of their community

KINDNESS



You matter

- Women living in poverty have to make tough personal sacrifices everyday in order to survive
- A simple but thoughtful gift can let a woman know that no matter what her circumstances, she deserves to feel special and to love herself

DIGNITY



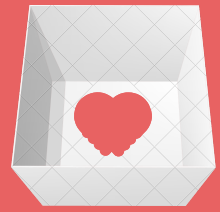
You are not alone

When a person makes the effort to assemble a gift for a women living in a shelter, it brings to mind the challenges she may be facing. Many people who make Shoeboxes say it helps them understand the realities of poverty and that homelessness can happen to anyone.

EMPATHY



Dignity in a Shoebox



Instructions: Answer the questions below after reviewing The Shoebox Project Fact Sheet 2.

***“Dignity does not consist in possessing honors, but in the consciousness that we deserve them.”
— Aristotle***

1. What does this quote mean? Do you agree or disagree?

2. Describe another organization like The Shoebox Project that promotes kindness , empathy or dignity through its services.



Glossary



Grade Level

Gr. 7-8

Subject

**Social Studies
Language Arts**

Lesson Title

**Introduction to The
Shoebox Project**

Description

The glossary section provides definitions and explanations for the lesson.

DEFINITIONS

Kindness

Kindness means being friendly, generous or considerate to ourselves and others through our words, thoughts and actions. There are different ways to practice kindness. One way to be kind is to open your eyes and be active when you see people in need. Do you notice when people could use a helping hand? A sense of community is created when people are kind to those who need help.

Empathy

Empathy is the ability to recognize, understand, and share the thoughts and feelings of another person, animal, or fictional character. Developing empathy is crucial for establishing relationships and behaving compassionately. It involves putting yourself in someone else's shoes.

Dignity

Dignity means being valued and respected for what you are, what you believe in, and how you live your life. Treating other people with dignity means treating them the way we'd like to be treated ourselves.

LESSON RESOURCES

1. **Teacher's Guide**- The teachers's guide provides an introduction to The Shoebox Project lessons. This includes information about The Shoebox Project, why it matters and the learning objectives for these lesson plans. Please [click here](#) for details.
2. **Evaluation rubrics**- [Click here](#) to download