



# Make a wish for a child in another country.

Art by Miranda, age 12, NSW, Australia



## Get Inspired

### Quote

"Everything in your life started as a thought, a wish, a hope, or a dream, either in your mind or in the mind of someone else. Your thoughts are creative. Your thoughts form and shape your world and everything that happens to you."

*Brian Tracy*

### Fact

Empathy involves an ability to perceive others' feelings, to imagine why someone might be feeling a certain way, and to have concern for their welfare.



## Shake It Up

Pedal an imaginary bicycle for 30 seconds.

"I care about others!"



## Talk It Out

1. Think about a time when someone helped you make a wish come true. How did that feel?
2. Why should we make a wish for a child in another country?
3. What kind of wishes could we make for a boy or a girl in another land?



## Do It!

1. Imagine there is a child in a faraway country and across the ocean who is the same age as you. Think of a wish you could make for him/her.
2. Close your eyes for 30 seconds and silently make your wish for that child.
3. Write your wish and draw a picture for that child.
4. Share your wish and picture with the class.

# Make a wish for a child in another country.

## SEL Competencies

### Responsible Decision-Making

Reflecting  
Ethical Responsibility

### Social Awareness

Empathy  
Respect for Others  
Appreciating Diversity

### Self-Awareness

Identifying Emotions

### Self-Management

Impulse Control

### Relationship Skills

Communication

## Timeframe

15 - 30 min

## Materials Required

Paper  
Colored pencils  
Crayons  
Markers  
or Google Slides



## Get Inspired

### Quote

Invite a student to read the quote.

### Fact

Empathy involves an ability to perceive others' feelings (and to recognize our own emotions), to imagine why someone might be feeling a certain way, and to have concern for their welfare.

[Source](#): The Greater Good Science Center



## Shake It Up

**Get your students moving. Invite them to do the following activity:**

Pedal an imaginary bicycle for 30 seconds. Invite students to lie down on their backs, put their legs in the air and pretend to ride an imaginary bicycle for 30 seconds. When the time has expired, encourage the students to stand up and say, "I care about others!"



## Talk It Out

**Encourage your students to reflect on the provided questions.**

1. Think about a time when someone helped you make a wish come true. How did you feel?
2. Why should we make a wish for a child in another country?
3. What kind of wishes could we make for a boy or a girl in another land?



## Do It! (as a class)

1. Ask your students to imagine there is a child in a faraway country and across the ocean who is the same age as they are. Invite them to think of a wish they could make for him/her.
2. Invite students to close their eyes for 30 seconds and silently make a wish for that child.
3. Have students write their wish and draw a picture for that child.
4. Have students share their wish and picture with the class.