

Belly Rubbins for Bubbins –Writing Prompt

Aligns to the following Common Core Standards for K-5

(ELA = English Language Arts)

! **ELA Speaking and Listening** - Standards 1, 2, 4 & 6

! **ELA Writing** – Standards 3 & 8

Aligns to Social Emotional Learning Outcomes

! **Self Awareness:** Identifying emotions, thoughts and values

! **Self Management:** Self-discipline - Impulse control

! **Social Awareness:** Perspective-taking - Empathy - Respect for others - Diversity

! **Relationship Skills:** Communication - Relationship building

! **Responsible Decision-making:** Identifying problems - Analyzing situations - Solving Problems - Ethical responsibility - Reflecting

OBJECTIVE: To inspire children to feel empathy and compassion for animals and all living creatures through a simple follow up writing activity. Children will develop vocabulary and writing skills while they critically think of ways they can treat themselves and others with specific qualities.

PREPARATION: Read the book [Belly Rubbins for Bubbins](#) by Jason Kraus.

After reading the story, the classroom teacher will lead a discussion on Bubbins' needs and his wishes/dreams and compare them to their own needs, wishes and dreams. The teacher will then explain to the children that “belly rubbins” can be compared to feeling included, loved, accepted, and a sense of belonging. Continue to discuss ways the students feel a sense of belonging and how they can help people and animals feel loved and accepted.

METHOD: The teacher will pass out the Bubbins writing page and instruct students to write an act of kindness on the lines of each arm that is giving Bubbins a Belly Rubbin. (4 arms total) Encourage children to draw more arms if they want to write more than 4. According to Bubbins there is no such thing as too many belly rubbins!

Materials: Bubbins writing/coloring page, pencil, crayons

Concepts: Building Character, helping children think about ways to be kind, respectful, compassionate and accepting.

CONCLUSION: Give children an opportunity to share one or more of their stories of kindness. Post stories and drawings on a bulletin board for others to read.

EXPANSION: Make a large poster of Bubbins for the classroom, and direct children to add post it “acts of kindness” onto his belly when they witness kindness in the classroom or on the playground. (i.e. “Shanti helped Sam pick up his supplies when they fell off his desk” or “Jordan got a teacher when Janet fell and hurt her knee”)



Write an act of kindness on each arm that is rubbin' Bubbins.