

## 5/ 6<sup>th</sup> Grade N.E.S.T. Plans

### MLK WEEK

#### **This week in N.E.S.T.: PEACE**

This week's curriculum focuses on group discussions on how we can have more peace in our lives.- in correlation to Martin Luther King's vision. Students will also participate in activity that requires them to analyze the peace they currently have in their lives and how to make improvements. Lastly, 5/6th grade scholars will participate in a whole grade activity that will require them making peace art for their community space.

#### **Routine Reminder**

Students should walk into the meeting area and answer the DAILY NEWS on the board(s), get into their CIRCLE, and listen to the morning announcements. After morning announcements, students GREET each other and then begin to check-in. Mondays are all about the CHECK-IN. It is important to really scaffold students to get them sharing as much as possible. Once each student has had the opportunity to check-in the group may begin the ACTIVITY. 5 minutes before transition, the group may REVIEW the answers on the daily news board and/or REFLECT on the activity.

### Day One

**OBJECTIVE:** Students will check in and share out on events from this past weekend.

**Materials Needed:** none

**Daily News:** What makes you feel at PEACE?

**Greeting:** Everyone Greets and is greeted (students sit in a circle)

**Formal Sharing/ Check-in:** (15 minutes)

Share about their weekend and what the word 'Peace' mean to them?

- What did you do this weekend?
- What is one thing you accomplished last week that you are proud of (ie. Completing 100% of your homework, passing a test/quiz, doing well on classwork/group work.)
- Review Daily News: Describe a moment when you are most at PEACE.

oWhere are you?

- o What are you doing?
- o Who are you with?

**Review Daily News/Quote and Discuss: (5 minutes)**

Ask the following questions to guide students in reflection:

(review during share-out/check in)

## Day Two

**OBJECTIVE:** Students will discuss Dr. Martin Luther King Jr.'s vision.

**Materials Needed:** Dr. Martin Luther King Jr. Fact Sheet (Google Doc)

**Daily News:** “Be the peace you wish to see in the world”- MLK- What does this quote mean to you?

**Greeting:** Everyone Greets and is greeted (students sit in a circle)

**Formal Sharing/ Check-in:** (5 minutes)

**Activity:** Dr. Martin Luther King Jr.'s Vision

Procedure:

- Share: This Monday we did not have school because it is reserved as a day to commemorate MLK and his efforts to society. (Dr. Martin Luther King Jr.'s Birthday -January 15<sup>th</sup> celebrated on the third Monday of January every year.)
- Ask students what they have learned about Martin Luther King Jr.'s.
  - o In order to learn about your group's background knowledge. Specifically ask: “What was Dr. Martin Luther King's vision?”
- Split your N.E.S.T. up into three small groups and have students review facts about Dr. Martin Luther King Jr (see Dr. Martin Luther King Jr. Timeline Doc)
  - o You may do this as a whole group if you prefer.
- Watch this video: <https://www.youtube.com/watch?v=xAUvvAbzkUk>
  - o Share with students that Dr. Martin Luther King Jr.'s main mission was to fight injustice. He wanted equality for every human being. He wanted everyone to be treated equally. He used peaceful methods to fight for what he believed in because he did not believe in using violence.
- Ask Students:
  - o Do you think that everyone is treated equally in the world today?
  - o What can each of us do to create more equality and more peace in the world?
  - o Can we do all these wonderful things if we are not at peace with ourselves?
  - o Do you think Dr. Martin Luther King Jr. was at peace with himself?

- Share with students: “In order to contribute to Dr. King’s vision we must create peace within ourselves. Once we are at peace in our lives we can help others have peace in theirs.”  
Tell students that tomorrow you will be reviewing activities they can do to help them feel more at peace with themselves.

### **Review Daily News and Discuss:**

Ask the following questions to guide students in reflection:

- What thoughts have they had on the topic of peace?
- Have they noticed anything in their personal lives that could be affected by peace and conflict?
- Think about the tips and let me know how they work for you
- What does the daily quote mean to you?

## **Day Three**

**OBJECTIVE:** Students will learn activities that will help them find more peace within themselves.

**Materials Needed:** Worksheet of 10 Peaceful Mind Development Activities (Weebly supporting docs)

Student Peace worksheets (Weebly supporting docs) and pencils.

**Daily News Quote of the day:** (5 minutes) Peace cannot be kept by force; it can only be achieved by understanding - Albert Einstein

**Greeting:** Everyone Greets and is greeted (students sit in a circle)

**Formal Sharing/ Check-in:** (5 minutes) Ask students to rate their peace level from a scale of 1-10 (1 being conflict and the least peaceful, 10 being happy and the most peaceful) in different areas of their life: Family, Friends, School, and Self.

**Activity:** (20 min) 10 Peaceful Mind Development Activities

Procedure:

- Ask students:
  - What does PEACE look like and feel like?
  - What do you do when you are not at peace with something in your life- either your family life, school life, friendships? (I.e. dance, listen to music, write, draw, run, etc.)
- Tell students that you would like them to know some activities that may help them develop a more “peaceful mind.
- Pass out sheet called 10 Peaceful Mind Development Activities and have students take turns reading them out loud. Once finished, ask students to share out which tips caught their attention, which tips they would try, which sounded a little bit ‘weird’ and which sounded as if it were something they were already doing.
- Ask students how they can use these strategies to increase their grades this quarter.

- Discuss the idea of your life as a circle or peace sign.
  - Say: “We have a lot of parts of our life that we try to keep balanced. We have our family life, our life at school, our personal time and also our social life. It is very important to try to keep these areas in our life balanced in order to feel at peace and to be our best selves.
- Ask students to close their eyes and say the following:

Think about your life for a moment. I am going to ask you some questions and I want you to answer them in your thoughts.

1. What aspects of your life you are at most peace with?
2. Are you equally happy with every aspect of your life: home, school friends?
3. How peaceful are you with your friends/family? (I.e. is there drama?)
4. Do you always find yourself feeling your best with your friends?
5. What about your family at home? Do you feel peaceful when you get home?
6. What about your environment at school? How do you feel when you enter Segue in the morning?”

Ask students to open their eyes. Tell them that they are going to use those thoughts to complete the following activity. Describe the activity. The goal of this activity is to see how at peace students are with themselves, based on what is happening in their lives. Pass out worksheet (peace sign) and pencils to students. Let students know some math will be involved.

- Each student will be asked to choose an area in the peace sign/circle and write place the following in each section: Family, Friends, School, Home. (Note: students may ask what section do I put each topic in, allow students to choose the section for themselves, as there are two large and two smaller sections in the peace circle.)
- Once students are finished, have them write the percentage based on 1-100% of how at peace they are with each section (Family, Friends, School, Personal). Each section is 100% each.
  - An example could be: I am 75% at peace with School, 75% at peace with Family, 100% at peace with Friends, 50% at peace when I am alone.
- Once students are finished with this step, have students calculate the total amount by adding their percentages in the circle and then dividing by 400. (Using the example above the answer would be:  $300/400 = 0.75$ ) The answer would then show the amount of how at peace they are with themselves in their lives currently. Based on the example I have provided that student is at 75/100 percent at peace with themselves.
- Once students have done the calculations, have students (if they'd like) share out how much at peace they are with themselves. Remind students that it is okay sometimes to not be okay. Life isn't always meant to be easy, and the challenges that we face help us become who we are. As long as we realize why we may act out and/or why we become frustrated that will help us further understand ourselves better and be at peace with our circle and ourselves.

**Review Daily Quote and guide students in reflection:**

- What can you do to more at peace with the different sections in your life so that you can be more at peace with yourself?
- What section do you have the most conflict with? Do you think this section affects the rest of your circle?

- What can you do to be more at peace with yourself?
- What does the daily quote mean to you?

## Day Four

**Objective:** 5/6th grade will create a large PEACE sign.

**Materials Needed:** Markers/crayons

**Daily News:** Those who are at war with others are not at peace with themselves - William Hazlitt

**Greeting:** Everyone Greets and is greeted (students sit in a circle). Check in and ask students to rate

**Formal Sharing/ Check-in:** (10 minutes) Ask students how their week has been and how at peace they are with themselves in that moment, scale of 1-10.

**Activity:** Group work on large sheet of paper.

Procedure:

- Reflect on all the discussions and topics that you have covered ask students if anything has changed in their personal areas of their peace circle.
- Split your N.E.S.T. group into two groups of 5-6 and have each group decorate/design a peace sign (see below for ideas.) We will post these images in the quad next week. Each group should display what Peace means for them on their design. It can be words, pictures, and/or sentences. You can initiate their thoughts with phrasing: "Peace for me means\_\_\_\_\_"



**Review Daily Quote and Discuss:**

Guide students in reflection:

- How has your perspective on 'Peace' changed after learning MLK's story?
- What does the daily quote mean to you?
- What have you learned from all this?