

# Changemakers

## THIRD GRADE SUPPLY LIST

### THEME 1: SAFE RELATIONSHIPS

#### UNIT 1. *Setting the Stage*

- An old sheet, shower curtain or plastic sheeting
- Two hula hoops
- A golf ball

### THEME 2: SELF-REGULATION

#### UNIT 2. *The Brain*

- Watercolor paint
- Paint brush
- Plastic knives and spoons
- Paper plate
- Toothpicks
- Instant potato flakes
- Clean play sand

#### UNIT 3. *Breath*

#### UNIT 4. *Feelings*

#### UNIT 5. *Body*

#### UNIT 6. *Impulse Control*

- Calm down basket

## **THEME 3: AWARENESS OF SELF**

### **UNIT 7. Gratitude**

- A broom

### **UNIT 8. Optimism**

- Camera

### **UNIT 9. Grit**

- Paddle ball
- Stopwatch
- Tape measure

### **UNIT 10. Resilience**

- Small feathers
- 2 plastic eggs
- Modeling clay or play doh
- Small rock, marble or a few coins

## **THEME 4: UNDERSTANDING OTHERS**

### **UNIT 11. Perspective Taking**

- Large hand mirror

### **UNIT 12. Empathy**

- A map or globe
- Several bottles of acrylic paint
- Paint brushes
- Parchment paper or paper plates
- Smooth, flat stones
- Index cards

## **THEME 5: CHANGEMAKER**

### **UNIT 13. Kindness**

### **UNIT 14. Compassion - Service Learning Project**

- Materials will vary depending on the Service Learning Project

### **UNIT 15. Hope**