

Changemakers

FOURTH GRADE SUPPLY LIST

THEME 1: SAFE RELATIONSHIPS

UNIT 1. *Setting the Stage*

- A photograph of each student
- A photograph of the teacher
- Sentence strips
- Visual daily schedule
- Plastic chain links or paper clips

THEME 2: SELF-REGULATION

UNIT 2. *The Brain*

- Thick and thin rubber bands
- One 18 inch strip of bubble wrap

UNIT 3. *Breath*

- 10 or 12 dominoes
- Paper towel or plastic tube
- A heavy marble
- A couple of blocks or books
- Stopwatch
- Whistle (optional)
- Hoberman sphere or large rubber band
- 6 jump ropes
- 6 rubber balls

UNIT 4. *Feelings*

- Any three similar items that represent three sizes
- Word strips

UNIT 5. *Body*

- Camera
- Printer
- Index cards

UNIT 6. *Impulse Control*

THEME 3: AWARENESS OF SELF

UNIT 7. Gratitude

- Shaped sticky notes
- Timer
- Graph paper

UNIT 8. Optimism

- Photograph of each student

UNIT 9. Grit

UNIT 10. Resilience

- Chopsticks
- Timer

THEME 4: UNDERSTANDING OTHERS

UNIT 11. Perspective Taking

- A two-sided mirror (one side magnified view)

UNIT 12. Empathy

THEME 5: CHANGEMAKER

UNIT 13. Kindness

- A sand timer or minute timer
- A calendar
- A timeline (optional)

UNIT 14. Compassion - Service Learning Project

- Yarn or twine
- Index cards
- Hole punch
- Magazine
- Newspapers
- Materials will vary depending on the Service Learning Project

UNIT 15. Hope

- Photograph of each student