

Changemakers

FIFTH GRADE SUPPLY LIST

THEME 1: SAFE RELATIONSHIPS

UNIT 1. *Setting the Stage*

- A set of balance scales
- Several blocks
- Photo of entire class (students only)
- Photo of the teacher
- Two heavy bookends
- A large ball of chunky yarn
- A beach ball
- 10-12 plastic chain links or paper clips

THEME 2: SELF-REGULATION

UNIT 2. *The Brain*

- Photo silhouette of each child
- Printer

UNIT 3. *Breath*

- 2 - 3 feet of blue yarn or ribbon
- Pair of sunglasses
- Blue painter's tape
- Large sheet of butcher paper
- Yarn
- Index cards

UNIT 4. *Feelings*

- A small piece of loosley woven cloth like burlap

UNIT 5. *Body*

UNIT 6. *Impulse Control*

- Poster boards

THEME 3: AWARENESS OF SELF

UNIT 7. Gratitude

- A sweater
- A baseball
- An egg
- A toy
- Honey
- Yarn

UNIT 8. Optimism

UNIT 9. Grit

- Game tokens

UNIT 10. Resilience

THEME 4: UNDERSTANDING OTHERS

UNIT 11. Perspective Taking

- One pair of giant or silly sunglasses
- Artificial fig tree (optional)
- Yarn, ribbon or twine
- Plastic lemons (optional)

UNIT 12. Empathy

THEME 5: CHANGEMAKER

UNIT 13. Kindness

- A large world map (laminated)

UNIT 14. Compassion - Service Learning Project

- World map
- Yard or string

UNIT 15. Hope

- Length of butcher paper for each student