

Changemakers

FIRST GRADE SUPPLY LIST

THEME 1: SAFE RELATIONSHIPS

UNIT 1. *Setting the Stage*

- Chart paper
- Markers, crayons
- 11x17 construction paper
- Name cards (one per student)
- Classroom labels
- Photo of teacher
- Large manila paper (3 sheets per class)
- String

THEME 2: SELF-REGULATION

UNIT 2. *The Brain*

- Chart paper
- Settle Your Glitter Journal (one per student)
- Glitter Jar Materials, 2-3 per class (small jar, glitter glue, loose glitter, water)

UNIT 3. *Breath*

- Chime (one per class)
- Timer

UNIT 4. *Feelings*

- Thermometer

UNIT 5. *Body*

- Chart paper
- Crayons

UNIT 6. *Impulse Control*

- Bubble (one small bottle per class)
- Plastic cups (two per class)

THEME 3: AWARENESS OF SELF

UNIT 7. Gratitude

- Construction paper
- Small whiteboard (one per student)
- Whiteboard markers (one per student)
- Notecards
- Markers, crayons
- Envelopes

UNIT 8. Optimism

- Construction paper
- Markers, crayons

UNIT 9. Grit

- Binder clips (50 per class)
- Spring loaded Clothespins (125 per class)
- Colored craft sticks (250 per class)
- Plastic spoons (one per student)
- Marbles (two per class)

UNIT 10. Resilience

- Chart paper

THEME 4: UNDERSTANDING OTHERS

UNIT 11. Perspective Taking

- Sunglasses (one pair per class)
- Large hand mirror

UNIT 12. Empathy

- Chart paper
- Markers, crayons
- Scissors
- Sticky notes

THEME 5: CHANGEMAKER

UNIT 13. *Kindness*

- Blank paper
- Pencils, crayons

UNIT 14. *Compassion - Service Learning Project*

- Chart paper
- Markers, crayons

UNIT 15. *Hope*

- Sidewalk chalk
- or
- Tempera paint
 - Paintbrushes