

A Sandwich of Responsibility

This lesson focuses on our responsible actions and how they affect others. Students will explore how our community helpers and workers contribute the items we consume each day, specifically food items. When people lax on their responsibilities, it affects much more than just them.

Kindness Concept(s)

Responsibility, Self-Discipline, Kindness

Lesson Timeframe

45 minutes

Required Materials

- Sandwich ingredients: sliced bread, cheese, roast beef, lettuce
- Sandwich of Responsibility Worksheet

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



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AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.**
See last page for details.

Lesson Objective

Students will:

- Understand how their actions have consequences and affect others even if they do not see it immediately
- Demonstrate the importance of following through on one's responsibilities

Teacher Connection/Self-Care

Responsibility is defined as being reliable to do the things that are expected and required of you. Oftentimes, we tend to focus on the tasks that affect us personally. I pay my mortgage so I have a place to live. I take care of my body so I will be healthy. This week, focus on the actions you carry through that can and do have an immediate effect on others. What responsibilities do you have in your teaching team, at your school, and within your community? How can you work harder to ensure that others can count on you at all times? The reality is that no one is perfect. Each one of us will drop the ball at some point. How you choose to handle these times says a great deal about how you view your responsibilities. Take some time this week to examine your response to natural human error. Be kind to yourself and move forward.

Tips for Diverse Learners

- Draw simple illustrations next to each community helper for emerging readers.
- Be aware and sensitive to any allergies that may be present and adjust the activity accordingly.
- Provide each child with a sample sandwich if possible to accommodate kinesthetic learners.



Share

5 minutes

As a class, review the components of an organized desk. Take a tour of the classroom to see how well students are demonstrating self-discipline and practicing responsibility.

- Where do our loose papers go? (in the folder)
- On which side do we keep our folders? (left)
- What is the hardest part about keeping your desk clean?



Inspire

How are We Responsible?

10-12 minutes

Explain that each of us makes responsible choices all day, every day!! We chose to get up today. We chose to get dressed and go to school. We chose to learn. We chose to be kind to our classmates and teacher. When we treat others with kindness and respect we are acting responsibly.

Divide your whiteboard into 3 categories- Morning, Afternoon, Evening

- How were you able to show responsibility this morning before you came to school?
- How do you show responsibility after lunch in our classroom?
- How do you show responsibility after dinner in your home?

All of these actions demonstrate responsibility. All of us work together, each person doing their part. It is very important to follow through on your responsibilities! When you forget or don't feel like doing something, it can have a huge effect on others.



Empower

20 minutes

Students will use a basic sandwich to explore the consequences when others act irresponsibly. Explain that each group (or child if you have enough sandwich making supplies) will work together to make a basic sandwich. Pass out the ingredients (bread, lettuce, cheese, meat) and read the following instructions:

1. Open the bread.
2. Place the lettuce on one slice of bread.
3. Place the cheese on top of the lettuce.
4. Place the meat on top of the cheese.
5. Close the sandwich with the second piece of bread.
6. You just made lunch!

Review what goes into each ingredient in the sandwich. We don't usually spend much time thinking about HOW this food gets to our home. Let's talk about who is responsible for making each ingredient.

- *A baker made this bread. He worked hard to grind the wheat into flour, knead the dough, bake the bread, and package it for the store.*
- *A farmer grew this lettuce. He plowed the field, sowed the seeds, and harvested the lettuce when the time was right.*
- *A dairy farmer made this cheese. She milked the cows, churned the milk, aged cheese, and brought it to the store when it was perfectly molded.*
- *A rancher raised the meat on our sandwich. She bought or birthed the cattle at a young age, made sure they had plenty of land to graze on, kept the cattle healthy and happy for several years, and processed the meat so we could have it on our sandwich.*

All of these people have important responsibilities that allow us to have the bread, lettuce, cheese, and meat necessary to make a sandwich. Let's see what happens when some of them forget their responsibilities.

Have each group (or student depending on the number of sandwiches you made) place their sandwich in front of them. Read the following directions:

1. *The farmer decided to take a year off. He did not plant any lettuce because he was traveling the world. Remove the lettuce from your sandwich.*
2. *The rancher forgot to let the cows out to graze in the pasture. The cows became very sick and could not be sold for meat. She was irresponsible with her animals. Remove the meat from your sandwich.*
3. *The baker did not pay his electricity bill and cannot bake the bread. He did not practice self-discipline with his money. Remove the bread.*
4. *What are you left with? (cheese) Do you even have a sandwich anymore? No!*

Emphasize the role that each community helper had in making sure the ingredients you needed for your sandwich were at the store, waiting for you. They were responsible for their part, and because of that you can eat a nice meat and cheese sandwich without worrying that you cannot buy all of the ingredients!



Reflect

5-7 minutes

Have your class gather in your circle time/community area. As a class, fill out the Sandwich of Responsibility worksheet. Use the following questions to help you fill out the sheet:

- *What responsibilities does the baker have to make sure we have bread to eat? (He grinds the wheat, kneads the dough, bakes the bread, etc. Students draw or write in answers.)*
- *What responsibilities does the farmer have to make sure we have fresh lettuce?*
- *What responsibilities does the farmer have to make sure we have delicious cheese for our sandwich?*
- *What responsibilities does the rancher have to make sure we have healthy, fresh meat?*

After the worksheet is completed, ask a few of these follow-up questions for personal reflection:

- *What would happen if you always forgot to feed your fish?*

- *What would happen if I didn't make enough copies for our math lesson?*
- *How can we fix things when we do forget?*



Extension Ideas

- Take a field trip to visit one of the community helpers explored in this lesson. Ask them to explain all of their responsibilities and how they affect the community they serve.
- HOME Extension: Have students go home and teach their family about what they learned while making a meal together!



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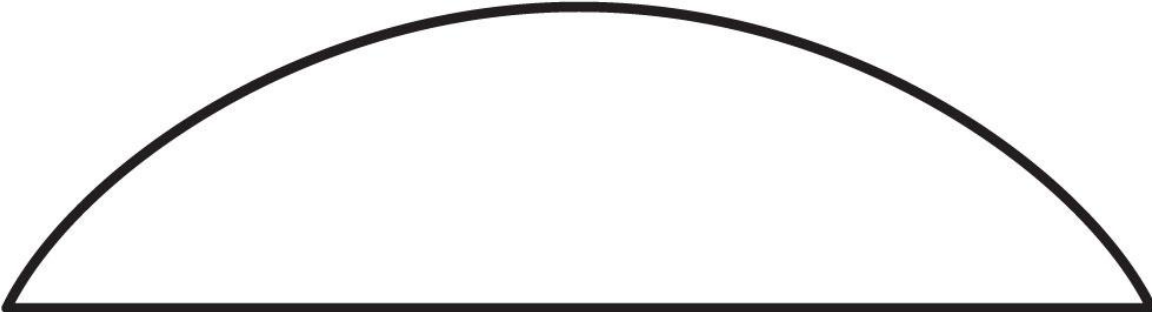
The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

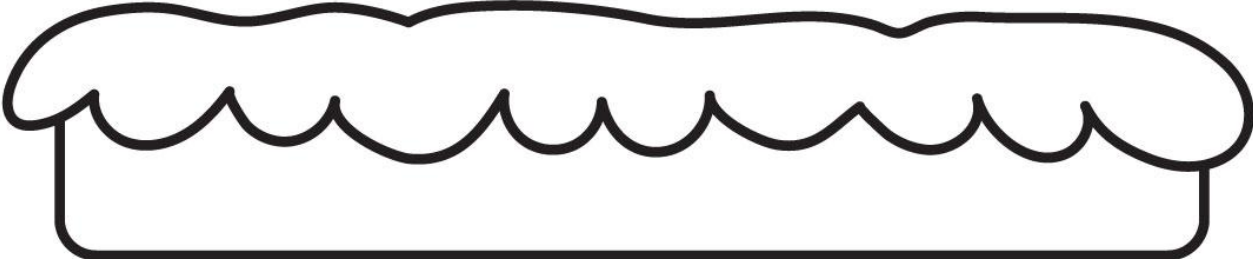
<https://casel.org/guide/kindness-in-the-classroom/>

Sandwich of Responsibility

Bread



Lettuce



Vegetables



Cheese



Meat



Bread

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