



## DEEP DIVE: CONTENTMENT

3-5 LESSONS

### 1. THIS OR THAT

**SEL COMPETENCIES:**  
**COMMUNICATION, SOCIAL ENGAGEMENT,  
PERSPECTIVE TAKING**

**SUPPLIES NEEDED:** For this activity you can use actual items or print off pictures from the internet or cut pictures out of magazines. You'll need pairs of pictures of items that kids will be challenged to find contentment with. For example, a video game and board game, a slice of pizza and 4 apples, a jump rope and an hour of TV, going to grandparents' house & going to trampoline park, etc.

**YOU SAY:** "Contentment is something that you need to practice. The more you practice it, the easier it can become to be okay with what you have."

**ACTIVITY:** Divide your class into groups of 3-4. Explain that you will show the class a pair of items. One item will seem to be the more popular one or the one that most kids would choose first. However, they have to decide how they can be content with the less popular choice. Talk through an example together with the class. Show the pair of the video game and board game. Identify the board game as the less popular choice, but brainstorm how they can be content with a board game over the video game. Some possible explanations are: the board game can be used even if the power goes out, usually a video game allows a small number of kids to play but a board game typically allows more people to play, less screen time with a board game. Once you feel everyone understands the task, begin by showing the class each pair of items and let the kids discuss in their groups. After all pairs have been shown, let each group go around the room and share 1 way they can show contentment. If one group shares a way that other groups have, the other groups don't have to share it. This will keep the activity moving along.

**WRAP UP:** "There are going to be plenty of opportunities in your life to practice contentment. Sometimes it's not something that jumps out at you but you may have to dig a little deeper to find ways to be okay with what you have."

### 2. QUARANTINE CONTENTMENT

**SEL COMPETENCIES:**  
**IDENTIFYING EMOTIONS, REFLECTING,  
ANALYZING SITUATIONS**

**SUPPLIES NEEDED:** none

**YOU SAY:** "Last year, we ALL had to learn to be okay with what we had when we were quarantined to our homes for the majority of the year. While it may have been hard to not do some of the things we were used to doing like vacations, hanging out with friends or family, etc., I bet some of you discovered some ways to be content."

**ACTIVITY:** This could be a discussion or a writing activity. Help guide kids to see contentment during the quarantine period of 2020. For example, while they may have had to miss certain things, they got to spend more time as a family... probably doing things they don't typically do as a family such as board games, puzzles, walks around the neighborhood, etc. Perhaps they learned how to do something new such as baking, a new hobby, a new game, etc. Be mindful of those students who may have lost someone or had a parent/relative lose a job, etc. during the pandemic.

**WRAP UP:** "Sometimes we have to look real hard to find a way to be okay with what we have, but when we do, we become stronger for what comes next."