

SEL Activity

Sharing is Caring: Ubuntu



grades K-2



30 minutes

Objectives

- Students learn the positive impacts of sharing.
- Students explore the importance of acknowledging others.
- Students learn about another culture's philosophy.

Essential Questions

- Why is it important to respect and acknowledge others?
- What are ways you can show Ubuntu to members of your community?
- How would our communities be different if we all lived under the spirit of Ubuntu?

Vocabulary

Ubuntu (oŏ'boŏntoŏ): a person is a person because of other people; humanity towards others.

Sharing: verb; to use or enjoy (something) jointly with another person.

Acknowledge: verb; to admit to being genuine or true; recognize the existence, truth, or fact.

MATERIALS + MEDIA

World Map ([PDF](#))

Map of Africa ([PDF](#))

Paper (1/student)

Markers, crayons, colored pencils

South African music (YouTube

[Option 1](#) | [Option 2](#))

Video: [Ubuntu Adventures with Elmo & Zuzu- Ubuntu Play \(4:15\)](#)

SEL CORE COMPETANCIES

Social awareness:

Interconnectedness

Relationship skills

Relationship-building

Before you Begin

- Print or project on the board a World Map ([PDF](#)) and the Africa Map ([PDF](#)).
- Write the definition of Ubuntu on the board.
- (Optional) Play African music in the background during the lesson (YouTube [Option 1](#) | [Option 2](#)).

Program Connections

This activity focuses on small actions making a big impact, a theme that runs through our core programs. To learn more, visit our [PROGRAMS](#) page.

THINK • GIVE

Turn on African background music (YouTube [Option 1](#) | [Option 2](#)).

Explain: Ubuntu is a Zulu word meaning “a person is a person because of other people.” Zulu is a language spoken in South Africa. [Show the [World Map \(PDF\)](#) and point out where you are relative to South Africa, then show the [Africa Map \(PDF\)](#) to zoom in on where South Africa is on the African continent]. The spirit of Ubuntu can be further explained as “Your identity is based upon the fact that you are seen; that the people around you respect and acknowledge you as a person.” Sharing, caring, community, and looking out for one another are all important elements of Ubuntu.

Discuss:

- Describe a time when you felt respected and acknowledged. How did that make you feel?
- How have you shown someone that you care about them?

Watch: [Ubuntu Adventures with Elmo & Zuzu: National Children’s Theatre](#), [Ubuntu Play](#) (4:15). In this episode of Ubuntu Adventures, the muppets meet Tshepang and his friends, who perform a play in sign language about sharing.

Discuss:

- How was sharing demonstrated?
- How can sharing show someone you care about them?
- What are ways you can show Ubuntu today?
- How would our school be different if we all lived under the spirit of Ubuntu?

CONNECT + CLOSE

Students draw a cartoon to illustrate a time they shared with someone or someone shared with them. When finished, invite volunteers to share their cartoons with the class, then hang them on the wall to help remind students to embrace the spirit of Ubuntu.

ACTION

Explain: Small is all! Everything we do and say matters, and everything we do and say has an impact. Share with someone—no matter how small the action. Invite a new friend to play with you. Hug a teacher who helps you. Share an extra pencil with a classmate who needs one. Any small action can show someone how much you care about them.

REFLECTION

Lead a discussion using the following questions as a guide:

- What did you share?
- How did you feel after you shared?
- How did the other person react to you sharing with them?