



Love One Another

by Barbara Gilmour

"Hello, everyone," said Ms. Gilmour as she greeted Tanner, Nicole, Rudy, Stephen, Carmen and Truman the Dragon. She continued, "In our last class, we talked about setting goals for the New Year. Who remembers what we called those?"

Several hands went up, but Rudy was first to say, "New Year's resolutions." All the kids cheered for Rudy.

"Who knows what holiday we have this month?" asked Ms. Gilmour.

All hands went up. Everyone said "Valentine's Day" at once.

"What is Valentine's Day all about?" she asked.

"LOVE!" Some of the kids made smooching motions. Others said, "Yuk" to that. But all knew what "love" meant.

"Let's continue our New Year's resolutions with a "Cool Kind Kid Challenge" to love one another," Ms. Gilmour suggested.

Nicole was first to say, "I like that idea. Let's make big red hearts to put around the school."

Stephen jumped in with, "We can write 'LOVE' on each one."

Carmen was excited to add, "Let's also add something to each heart not to do, like 'LOVE, don't tease.'"

Everyone was getting into this idea. Tanner shared, "These hearts can be reminders of ways to treat others."

Truman added, "I like those signs that have a line through what you shouldn't do. We could do something like that. 'LOVE – teasing.'"

Ms. Gilmour watched as the kids got excited about this idea. She said, "It looks like you have an art project. How many different things should be included?"

Many suggestions were made, including starting, picking on, bullying, excluding and ignoring. Truman thought about these and added, "Those are things we shouldn't do. Let's add some things we should do to show love to one another."

Ms. Gilmour smiled and said, "Great idea, Truman. Now what can we add to the hearts to challenge kids to 'love one another'?"

Nicole jumped in with, "LOVE – be kind!"

Rudy added, "LOVE – be caring!"

Tanner said, "LOVE – be polite!"

Carmen added, "LOVE – be friendly!"

Stephen said, "LOVE – include everyone!"

Tanner said, "What about 'LOVE – defend the bullied!'"

"Good one, Tanner," said Ms. Gilmour.

Truman said, "I have one that will help kids learn that 'kind is cool.' It is 'LOVE – is cool!'"

"That's an important one, Truman, because we want kids to learn that showing love and kindness is cool, and that teasing and bullying are uncool," shared Ms. Gilmour.

"Where else can you show LOVE besides school?" she added.

"I know," exclaimed Nicole. "To my family."

Rudy added, "That's not so easy. My older brothers always tease me."

Everyone came around Rudy and told him they cared about him. They encouraged him to show love to his brothers anyway.

Truman spoke up here and said, "I know how that feels. I get teased about being big, about being different, even being green. But I try to not let it bother me. When I show love to others, they soon show love back to me."

Tanner added, "That sounds as though The Golden Rule works!"

(Try this heart activity in your school or family.)



Barbara Gilmour, Tanner's grandma, is the creator and developer of the "Cool Kind Kid" Social Skills, Character Values and Anti-Bullying educational materials and the award-winning "Cool Kind Kid" Audio CD. She also writes the Children's Manners Blog, offering tips for teaching your children manners and social skills. www.CoolKindKid.com.