

SEL & ELA PACK

THE EXTRA SANDWICH

Kindness & Friendship Activities

SEL·ELA
GRADES
1-2

- Storybook
- Comprehension
- SEL Reflection
- Writing Prompt
- Role-Play
- Bonus Activities
- Teacher Guide



by Alina Holovata

The Extra Sandwich

“Good morning, class!” said Ms. Tessa. “Today, we have a new student joining us. Please welcome Julia.”

Julia stood by the whiteboard.

Blue jeans.

Untied shoelaces.

A crumpled napkin in her hand.

“Hi,” she said softly. “I don’t really like speaking in front of the class... but I do make pretty good sandwiches.”

Some kids giggled.

“All right, Julia, you can take a seat,” Ms. Tessa said kindly, smiling.

Julia walked slowly between the desks.

I noticed her backpack was slightly open—something soft and green peeked out.

A stuffed crocodile.

Crocodile? That’s a good sign, I thought.

She sat one desk away from me.

Took out a pencil.

Put it back.

Took it out again.

And stayed quiet.

At lunchtime, everyone rushed out to eat.

I stayed in the classroom. I just didn’t feel like running today.

That’s when I saw her—Julia—sitting on the windowsill, looking out at the schoolyard.

“Not going to lunch?” I asked.

“No,” she said. “I brought my own sandwich. And I made another one—for someone. I just don’t know who yet.”

“Well, I forgot mine today. Maybe the second one is for me?”

Julia blinked. Then smiled—just a little—and held out the sandwich.

“It’s a friendship sandwich,” she said. “Cheese and tomato. But my grandma says the real secret is adding a little kindness.”



We sat on the floor by the window and started to eat. Crumbs landed on the crocodile’s nose, and we both laughed.

“His name’s Swish,” Julia said. “He eats anything that falls on his face.”

The next day, she sat closer to me and brought two sandwiches.

“Just in case,” she said.

And I thought:

Maybe friendship is when someone makes you a sandwich... before you even ask.

SEL Reflection Sheet - The Extra Sandwich

Name: _____ Date: _____

Think about the story and answer the questions:

1. How do you think Julia ~~felt~~ on her first day?

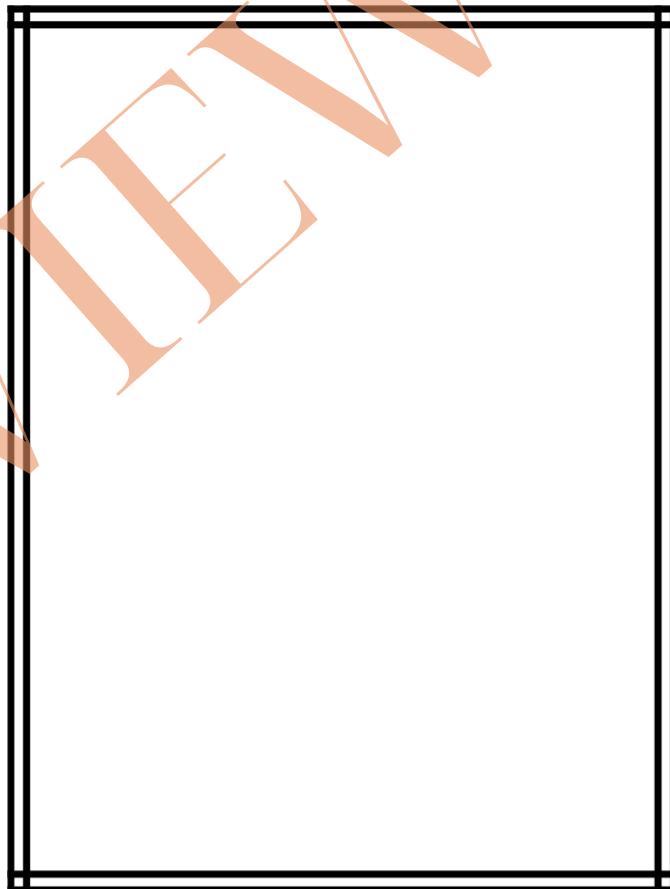
2. What did the narrator do to help Julia feel included?

3. Have you ever helped someone feel ~~less~~ alone? What did you do?

4. What are some small ways we can show kindness to others?

5. Draw a picture of a time you shared something with a friend. Then write 2-3 sentences describing what you shared and how it felt.

(It could be food, a toy, a smile, or even your time!)



Coloring Page





Bonus Activity: “Swish Says...”

Activity Goal

Help children better understand how to support a new classmate and develop empathy, creative thinking, and social skills through a game with a favorite character—the plush crocodile Swish from the story.

Story Context

The crocodile Swish accompanies Julia throughout the story. He is quiet, but he is present during moments of kindness and inclusion. Students turn Swish into a class advisor for kindness and friendship.

How to Run It (Step-by-Step)

1. Create your classroom “Swish”:

- Use a stuffed toy, a cardboard cutout, or a simple drawing of a crocodile (printable included, if you provide one).
- Place it in a dedicated “Advice Corner” or attach it to the board with the sign: “Swish Says...”

2. Explain to students:

“Swish the crocodile lives in our classroom. He’s very kind, even though he doesn’t speak aloud. But if you write him a note with a tip, he will make sure it reaches others!”

3. Students write advice for newcomers:

Each child writes or draws one tip on a small piece of paper or a “cloud.”:

- What can you do to befriend a new student?
- How can you be kind to someone who feels shy?

Example phrases:

- “Say hi first!”
- “Leave a seat open for someone new.”
- “Offer a smile.”
- “Help them find the right page in a book.”
- “Ask, ‘Want to play?’”
- “Tell them what you like about them.”

4. Display:

- Post the tips around Swish (on the board, wall, or a Kindness Tree).
- Children can read the tips whenever they need ideas to support someone.

5. Rotation:

- Add new tips every week.
- Appoint a “Swish Assistant” to read a new tip to the class daily or weekly.

Materials

- Crocodile drawing/toy
- Colored cloud shapes/small pieces of paper for tips
- Clothespins, magnets, or tape
- A sign: “Swish Says...”

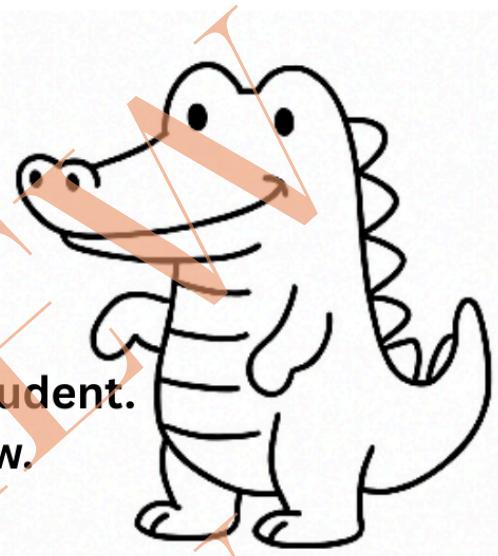
Skills Developed

- Empathy
- Perspective-taking
- Helping others
- Communication
- Participation in classroom life

Swish Says...

Write a tip about how to be kind to a new student.

Write your tip in the cloud shape below.



Example Tips:

- “Say hi first!”
- “Leave a seat open.”
- “Offer a smile.”
- “Help them find the right page in a book.”
- “Ask, ‘Want to play?’”
- “Tell them what you like about them.”

Teacher Guide – The Extra Sandwich (Updated)

Lesson Objectives

By the end of the lesson, students will be able to:

- Recognize acts of kindness and inclusion in a new social setting.
- Practice empathy and identify emotions of new students and peers.
- Reflect on what makes someone feel welcome and accepted.
- Create a short written piece based on a kindness prompt.
- Engage in creative activities that promote sharing, caring, and classroom connection.

Standards Alignment

- SEL Competencies: Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision-Making
- ELA Standards: Reading Comprehension, Speaking & Listening, Writing

Materials Needed

- Printable storybook “The Extra Sandwich” (PDF)
- Coloring pages (2)
- Comprehension questions worksheet
- SEL reflection sheet
- Writing prompt worksheet
- Role-play ideas sheet
- Bonus: “Kindness Classroom Activities” – Friendship Coupons & “Swish Says...” template
- Pencils, crayons, markers

Lesson Plan Overview

- Warm-up – Brief discussion: “What helps someone feel welcome?” (5 min)
- Story Reading – Teacher reads “The Extra Sandwich” aloud. (10 min)
- Discussion – Use comprehension questions to spark conversation. (10 min)
- Reflection – Complete SEL reflection sheet individually. (10 min)
- Creative Task – Students write about the “Friendship Sandwich” and color the pages. (15 min)
- Role-Play Activity – Practice scenarios about kindness to new classmates. (10 min)
- Bonus Activities – Choose one (10 min) or both (20 min):
 - Friendship Coupons – Students create 2-3 kindness coupons for classmates. (10 min)
 - Swish Says... – Students write advice from the class mascot on how to be a good friend. (10 min)
- Wrap-up – Share stories, artwork, and kindness coupons. (5 min)