

Inspire the WORLD

ACTIVITIES

Be A Buddy Bingo
Crossword
Make your own Comic
Word Search

COLORING PAGES

Buddy Bench
Cap Dance
Kindness
Words

TEACHING GUIDE

Buddy Bench

WORKSHEETS

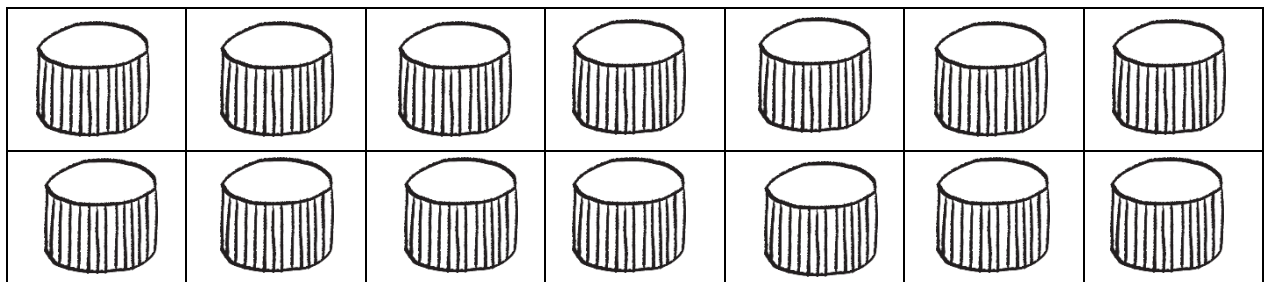
Sammie Smiles Podcast Practice
How Can you Make a Difference?

BE A BUDDY BINGO

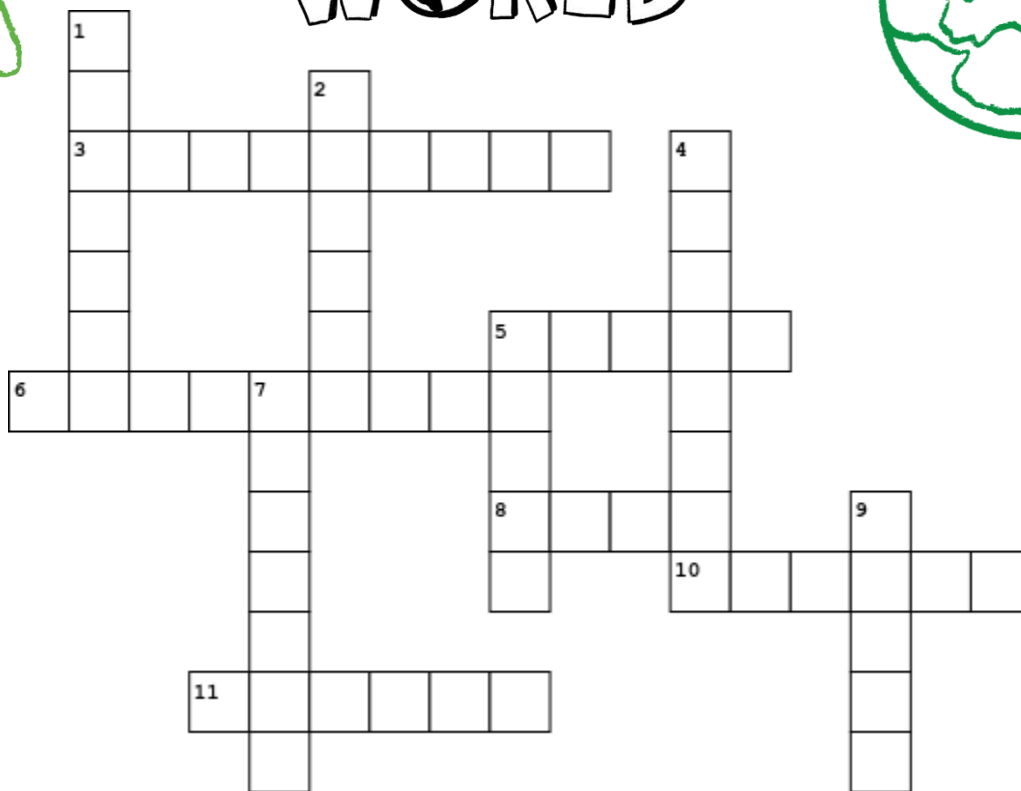
B	U	D	D	Y
Ask Someone New to Play	Help your teacher	Say something nice to someone	Share something	Make a card for someone that needs a smile
Help out with dinner	Tell someone a funny joke to make them laugh	Read a book to someone	Hold the door open for someone	Tell a friend why they are special
Encourage someone	Make a new friend	Free Space <i>Be Kind!</i>	Color a picture or write a letter to neighbor	Cheer for someone
Give something away to help someone	Send a letter to someone that lives out of town	Tell someone that you are glad they are your friend	Recycle something	Make someone smile
Introduce yourself to someone new	Ask to help with a chore around the house	Paint a rock and leave for someone else to find	Tell someone you appreciate them	Be a friend to someone who is alone

Bonus: If you have a buddy bench at your school and make a friend by asking someone sitting to play

(put cap on any space)



Inspire the WORLD



Across

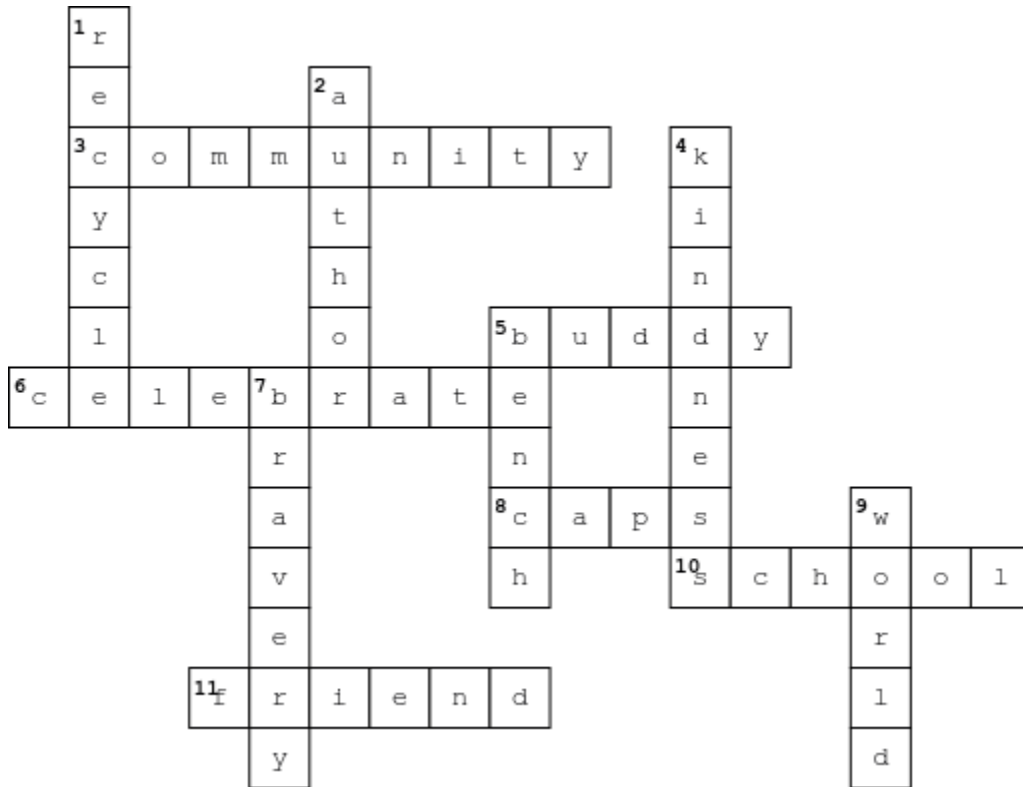
3. Group of people that live by each other or have something in common
5. Another name for friend
6. When someone accomplishes something
8. Can be on your head or on a bottle
10. Where kids go to learn
11. Another name for a buddy

Down

1. Can be reused instead of thrown away
2. Person who writes a book
4. Being nice or showing generosity
5. Something to sit on
7. Courageous
9. Another name for earth

Be Kind!

Inspire the World



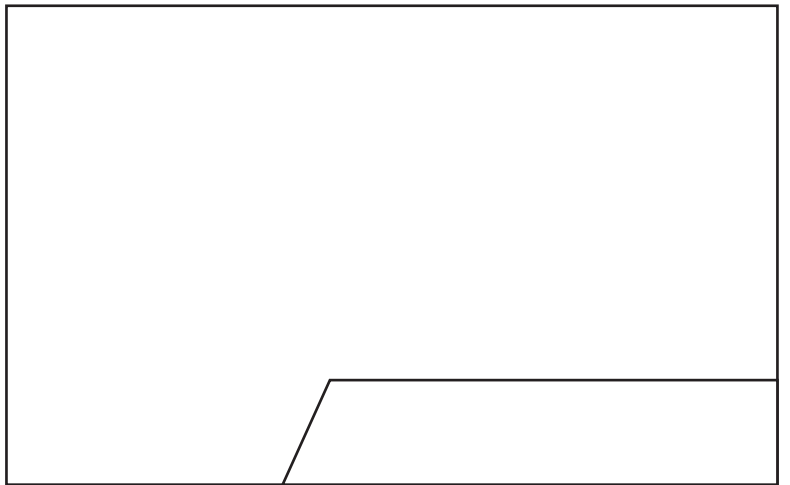
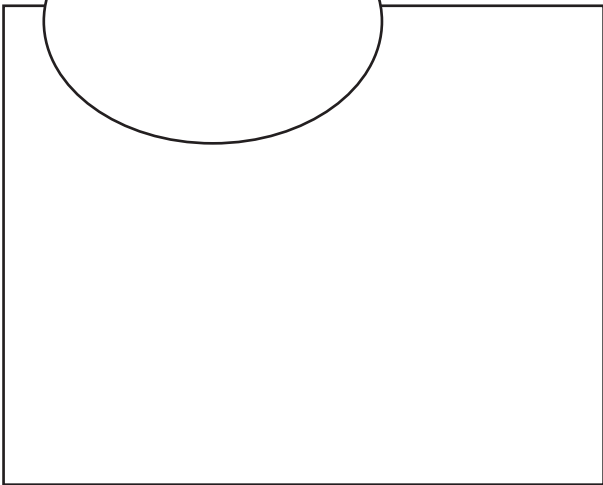
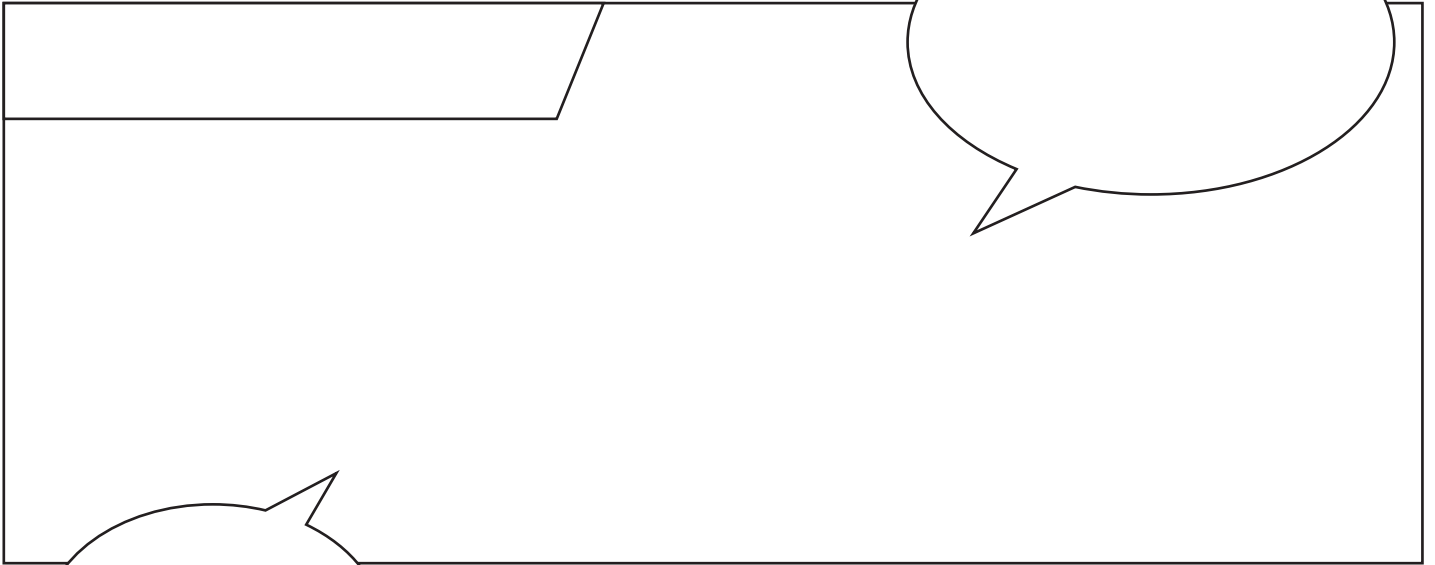
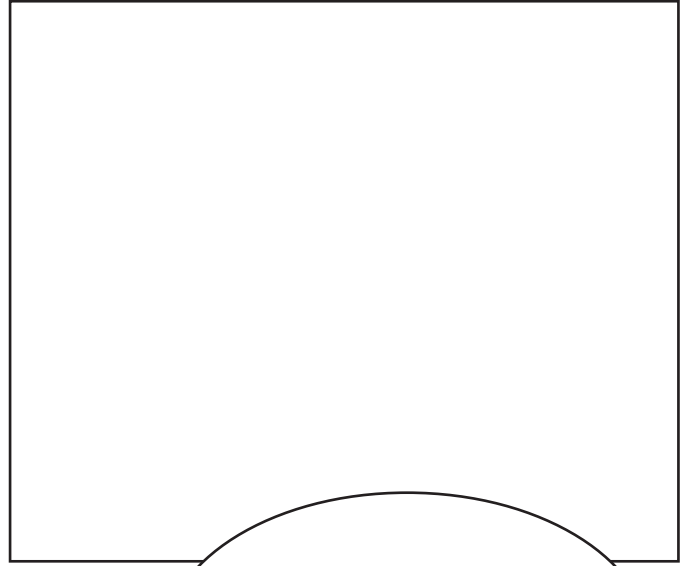
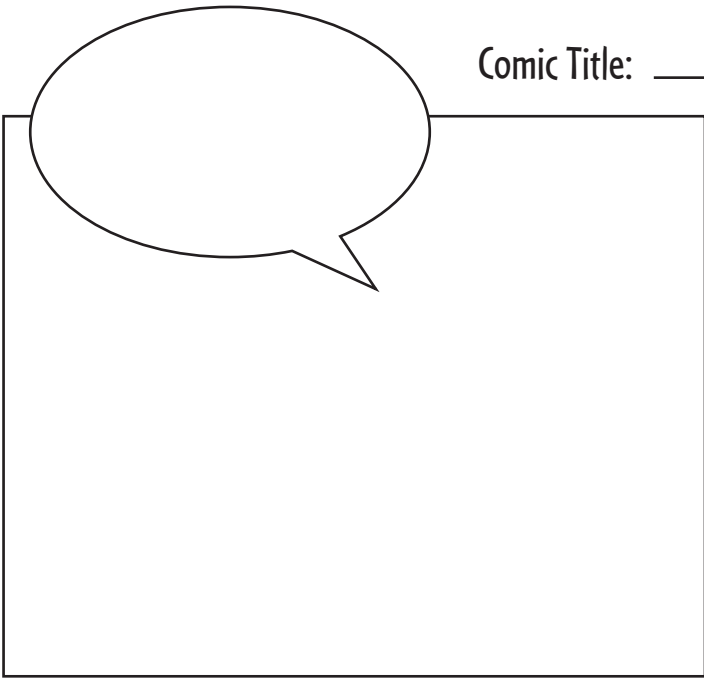
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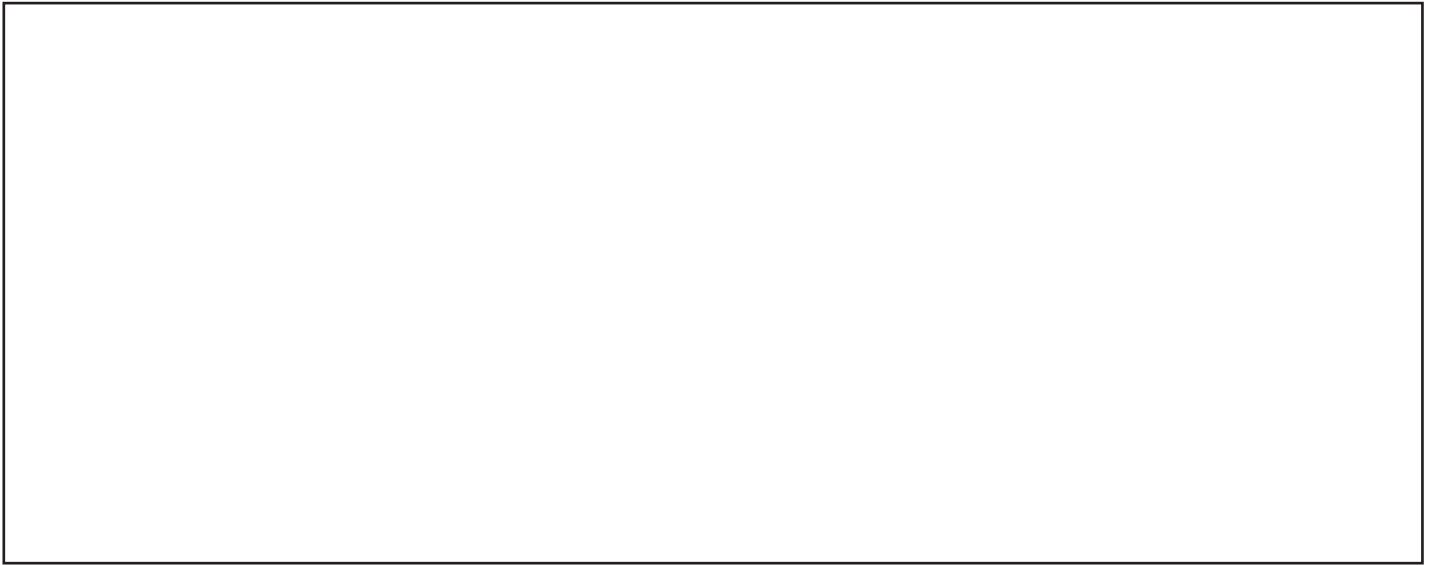
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Comic Title: _____



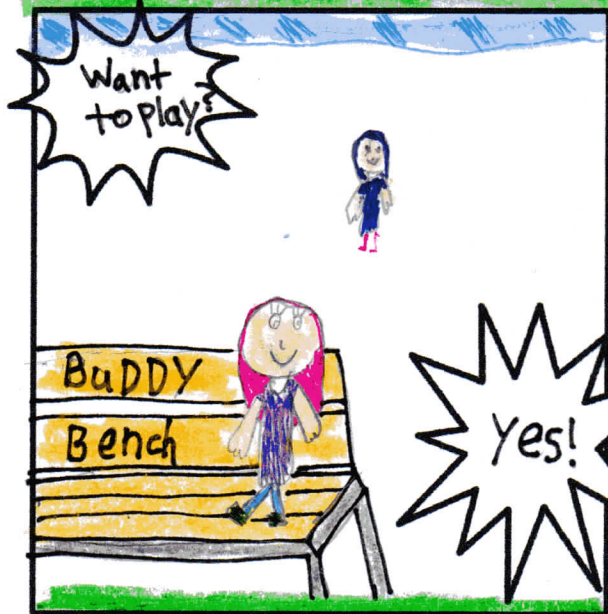
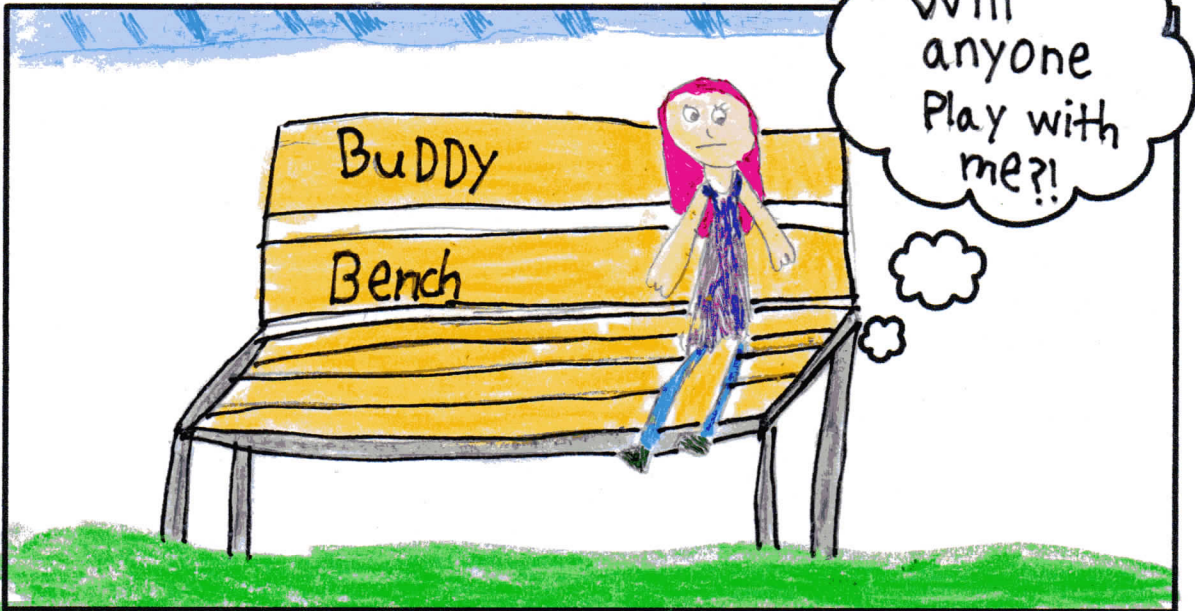
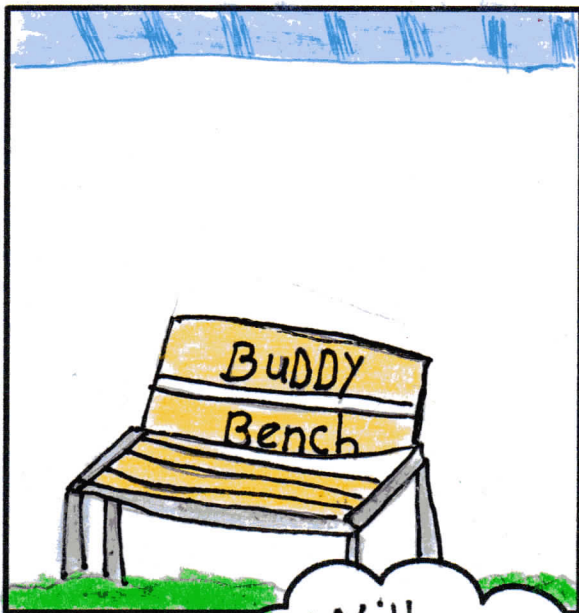
Comic Title: _____



Buddy

Bench

I'm
Lonely.



By Samantha Vance

NAME: _____ DATE: _____

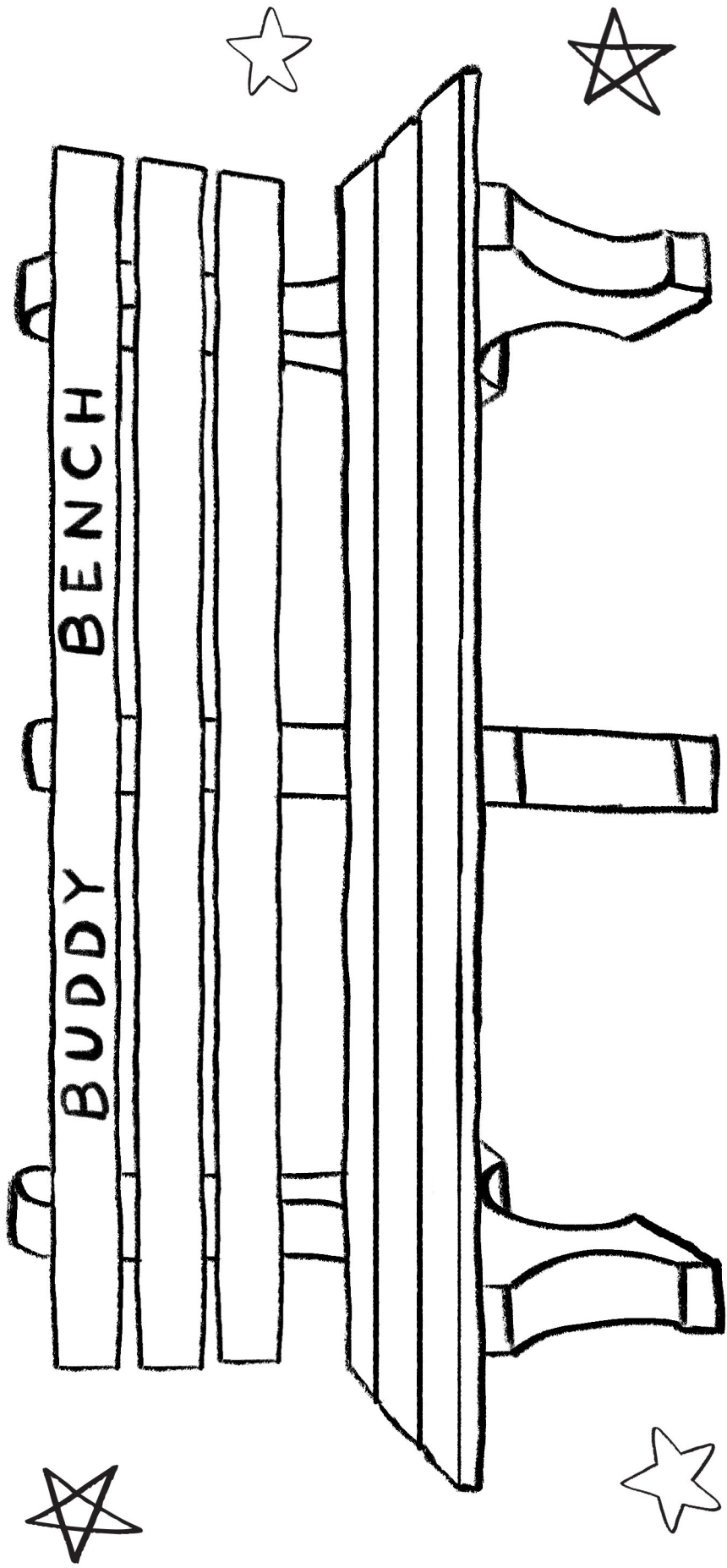
Inspire the World with Sammie

D F F T F B C O M M U N I T Y
W H W X O M R O K U T A D F O
K C T O C I M O C Z T T O P V
E N K P I H S D N E I R F R U
B E L C Y C E R H E L P E Q J
D B C R R A E O Z I A G J H U
M B A B Q F C S P M E B O P X
O R P I Q C N R L M T M U J K
S A S N O I E Z X A A B R Q A
U V H S W H R N Q S R U N Q W
N E U P E P E A S Q B D E L K
E B S I F C F Y L D E D Y W G
A D W R I F F L E V L Y N K T
I I X E N A I K Y R E Y Z I P
N Q M X Z E D Z I J C E W R K

BUDDY
BENCH
BOOK
BRAVE
CAPS
CELEBRATE
COMIC
COMMUNITY



DIFFERENCE
FRIENDSHIP
HELP
INSPIRE
JOURNEY
KIND
RECYCLE
SAMMIE



Inspire the
WORLD



DECORATE YOUR
OWN BUDDY BENCH!

ONE
CAP^{at}
TIME!



CAPS

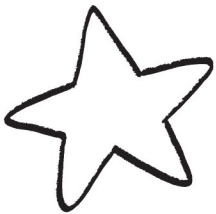
CAP DANCE!!!

Inspire the
WORLD

How can I show
KINDNESS
to other people?



Write your
kind idea
here!



**Kindness
Counts!**



**Inspire the
WORLD**

Inspire

Recycling Community

Giving Determination

Bravery Being Yourself

Helping Others Celebrating

World! Be Kind!



BUDDY BENCH



If you are lonely, new to the school or would like to make a new friend, sit on the Buddy Bench

If you see someone sitting on the Buddy Bench, go ask them to play

It is good to be kind

What is unique about the buddy bench in Sammie's book?

Made out of recycled plastic caps and lids

Community helped collect the caps for it

It can help the planet and help create friendships

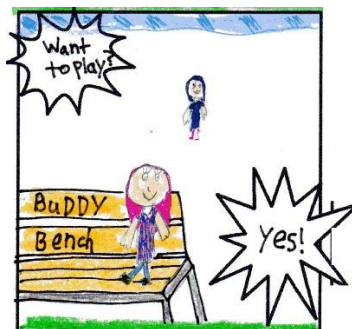
It will last a really long time



What are some ways to be kind out at recess?

What are some ways to be kind in the classroom?

What is something kind you will do today?



Sammie Smiles Podcast Practice:

Welcome:

Welcome your listeners to your show. Make sure and mention your podcast name and your name as the host.

Guest Intro:

Tell the listeners who your guest is and maybe a sentence or two about what they do or how you know them

Questions:

Start with 3 questions. Make sure they are not just yes/no questions. Say a little something before you ask the question that ties into it

Example: I love helping out at my local Boys and Girls Club. I know you help out with a few charities; can you tell me what made you want to start helping out?

Rapid Fire Round:

This is where you ask some fun general questions and the guest answers with first thing that comes to their mind

Example: Favorite Animal, Favorite food, Pepsi or Gatorade, Best Superhero, would you rather

Last Question:

Something you can ask all of your guests:

Example: Sammie always asks "What is something that makes you smile"

Ending:

Thank your guest for coming and listeners for listening.

Tagline:

Something you say every episode

Example: Sammie always says, "Remember that you don't have to be an adult to make a difference, you can be a kid too."

You can watch Sammie Smiles on YouTube or listen on Apple Podcast & Spotify to get some ideas! Sammie has interviewed lots of guests of all ages that are doing lots of different things.

Now you try!



Sammie Smiles Podcast Practice:

Podcast name:

First guest (classmate/family member):

Welcome:

Guest intro:

Questions (3):

1

2

3

Sammie Smiles Podcast Practice:

Rapid Fire Questions (4):

1

2

3

4

Last Question:

Ending:

Tagline:

Extra credit: Create podcast cover art.

Please note:

Interview is just one form of podcast!

Other types to try:

Conversational podcasts....talking back and forth

Monologue podcasts....just the host talking (nonfiction/narrative)

Theatrical podcasts....drama or maybe musical

Storytelling.....telling a story (scripted)



HOW CAN YOU MAKE A DIFFERENCE?



How can you recycle and make a difference?

How can you involve the community?



How can you give?

What are you determined to accomplish?

How can you be brave?



Sammie's superpower is kindness, what is yours?

How can you help others?



How will you celebrate?

What amazing journey will you take?