

The Sounds of Love

Official Educator Guide

Helping children discover, practice, and celebrate the quiet ways love is shown every day.

Created to accompany *The Sounds of Love* by Sarah Kellett

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Welcome

Thank you for opening your classroom to *The Sounds of Love*. Though this story begins with a girl born with hearing loss, it is ultimately about what every child longs for: belonging. Every day, children listen for messages that cannot be heard with their ears:

You matter.

I'm glad you're here.

You belong.

I believe in you.

One small act of kindness can change a child's day—and sometimes a life. This guide helps children notice everyday 'sounds of love,' practice creating them for others, and discover that the smallest acts of compassion often leave the greatest impact.

With gratitude, *Sarah Kellett*



Research Spotlight: A sense of belonging is linked to academic engagement, emotional well-being, and healthy peer relationships. Practicing kindness builds classrooms where children feel safe to learn and grow. (CASEL; CDC; Harvard GSE)

Listen With Your Heart



 **Educator Insight:** These prompts help children move from wondering to connecting to acting—there are no right answers, only opportunities to listen with their hearts.



 **Research Spotlight:** Interactive read-alouds strengthen empathy and perspective-taking by helping children connect stories to their own lives. (CASEL; Making Caring Common)

Before Reading

- What do you notice? What do you wonder?
- What do you think love sounds like?

During Reading

- Which 'sound of love' stands out most to you?

After Reading

- Which act of kindness made the biggest difference?
- How can we create more sounds of love in our classroom?

Quick Write or Draw

- One sound of love I want to create is...

 Sounds of Love Experience

✨ *"When we begin looking for kindness, we discover it has been there all along."*

 **❤️ Educator Insight:** Invite students to become 'Sound Detectives,' intentionally noticing everyday acts of kindness, encouragement, and inclusion.

 **🎯 Learning Goal:** Students will recognize that love is often expressed through actions and notice examples of kindness throughout their day.

 Turn & Talk

- Which 'sound of love' was easiest to find today?
- Which one surprised you?
- Which one would you like to create tomorrow?

 Sound Detective Scavenger Hunt

- Someone invited another person to play.
- Someone smiled at a classmate.
- Someone helped without being asked.
- Someone encouraged another person.
- Someone shared something.
- Someone listened carefully.
- Someone noticed another person's feelings.
- Someone included someone new.
- Someone said 'thank you.'
- I became a Sound of Love today.

 **🌱 Research Spotlight:** Intentionally noticing kindness strengthens gratitude, empathy, and positive peer relationships, moving students from observing to practicing kindness. (Greater Good Science Center; CASEL)

 **🏠 Carry It Home:** Ask someone at home: 'What is one act of kindness someone showed you today?' Share your answers together.

**Consider printing and cutting Scavenger Hunt portion out for students*

💖 Sounds of Love Experience

🌟 "Every act of kindness creates another sound wave."

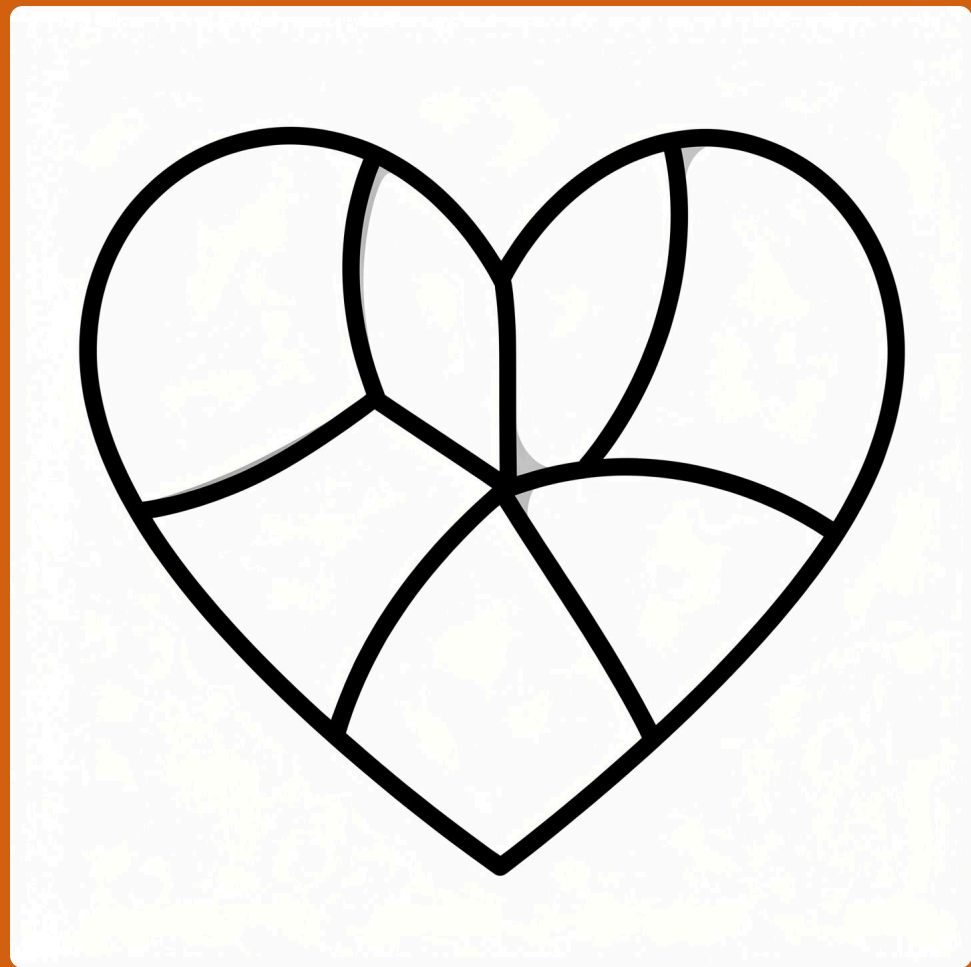
📄 🎯 **Learning Goal:** Students reflect on acts of kindness they experience and create, recognizing that small actions make a meaningful difference.

📄 💙 **Educator Insight:** This experience celebrates noticing and creating kindness. As students color their Sound Wave Heart, they build a visual story of compassion throughout the week.

📄 🌱 **Research Spotlight:** Reflecting on positive experiences strengthens emotional awareness, gratitude, and optimism. Pairing reflection with art supports developmentally appropriate processing of social experiences.

**Consider printing and cutting My Sound Wave Heart portion out for students*

🖨️ My Sound Wave Heart



Color one section each time you notice or create a Sound of Love. By the end of the week, your heart tells your kindness story.

😊 I Heard Love Today...

✏️ Today I Felt...



♥ Educator Insight: This experience invites children to notice that love is shown through everyday actions—encouragement, inclusion, and compassion—not just words.



🎯 Learning Goal: Students will identify and illustrate actions that communicate love and belonging.



🌱 Research Spotlight: Drawing and discussing emotions strengthens emotional vocabulary, empathy, and perspective-taking.

Draw It

Draw a moment when someone showed love without saying the words "I love you."



Turn & Talk

- What is happening in your picture?
- How can you tell this person feels loved?



Gallery Walk

Display artwork and invite students to quietly notice how love can look different for everyone.

Growing Sounds of Love

✨ *"Kindness grows where it is noticed."*

Choose One Classroom Tradition

Sound Wave Wall

Add a paper sound wave each time an act of kindness is noticed.

Kindness Garden

Each flower represents a kind action that helped someone feel they belong.

Classroom Soundtrack

Write ways the classroom "sounds like love" on musical notes.

Ripple of Kindness

Record one act of kindness and trace how it spread to others.

Turn & Talk

- Which tradition would help our class grow?
- What kind of classroom do we want to create together?

Carry the Sound Forward

✨ *"The story ends here. The sounds of love do not."*

Carry It Home

Family Conversation Starters:

- When did you hear love today?
- Who helped you feel like you belonged?

Morning Meeting Prompts

- One sound of love I noticed yesterday was...
- This week I want to create more...

One Small Invitation

**Smile first and invite
someone in.**

**Encourage someone who
needs it.**

**Notice someone who may
need a friend.**

Listen with your whole heart.

💛 The Sounds of Love Promise

We will listen with our hearts.

We will choose kindness.

We will help others feel welcome.

We will celebrate one another.

**We will remember that even the smallest act of love can make the
biggest difference.**

✨ *"May your classroom be filled with the quiet sounds of encouragement, belonging, compassion, and love."*