
The Bedtime Story for Dad — Lesson Plan

Grade: Pre-K–3 | Duration: 40–50 minutes | CASEL Domain: Social Awareness

Objective: Students will practice perspective-taking by recognizing the invisible daily acts of love their caregivers perform, and create meaningful appreciation gifts.

Essential Question: *"What invisible things does your caregiver do every day that deserve to be seen?"*

Materials: The personalized story, Paper and crayons, Letter-writing supplies, Optional: family photos

Vocabulary: Perspective, Appreciate, Invisible, Caregiver, Recognize, Repeated, Routine, Role Reversal, Love, Validate

ANTICIPATORY SET (5 MIN)

Ask: "Who fed you breakfast this morning? Who drove or walked you to school? Who will make dinner tonight? Who checks the locks at night?" After each: "Did you thank them?" (Probably not.) "Today we're learning to SEE the invisible."

DIRECT INSTRUCTION (15 MIN)

Read aloud. Use a warm, tender voice. Pause at each "invisible act" and ask: "Does YOUR caregiver do something like this?" Pause at the final line: "You did a good job today." Let it land. Emphasize: the child didn't do anything BIG. They just SAW their dad.

GUIDED PRACTICE (10 MIN)

Create the Invisible Love List together. Brainstorm as a class first, then individually.

INDEPENDENT PRACTICE (10 MIN)

Write the "You Did a Good Job Today" card. Illustrate the invisible book. Write: "I see you when you ____."

CLOSURE (5 MIN)

Share one item from each Invisible Love List (voluntary). Practice saying "You did a good job today" to a partner and mean it.

ASSESSMENT

Can children identify specific daily acts of love? Can they take the caregiver's perspective? Exit ticket: "One invisible thing my caregiver does is ____."

DIFFERENTIATION

Support: Provide picture prompts of common caregiver actions. Offer sentence starters for the card.

Extend: Write a full "invisible book" with chapters. Interview their caregiver: "What do you do every day that you wish someone noticed?"

HOME CONNECTION

Send home the Invisible Love List and the "Open When You're Tired" card. Suggest starting a "You did a good job today" bedtime tradition.