

THE GINGERBREAD BUDDIES' SWEET ESCAPE!

A Fun & Festive SEL
Escape Room on
Kindness, Empathy &
Teamwork

Perfect for holiday guidance
lessons, friendship groups, or
a classroom community reset
before winter break!



Counselor-
created &
classroom
tested!

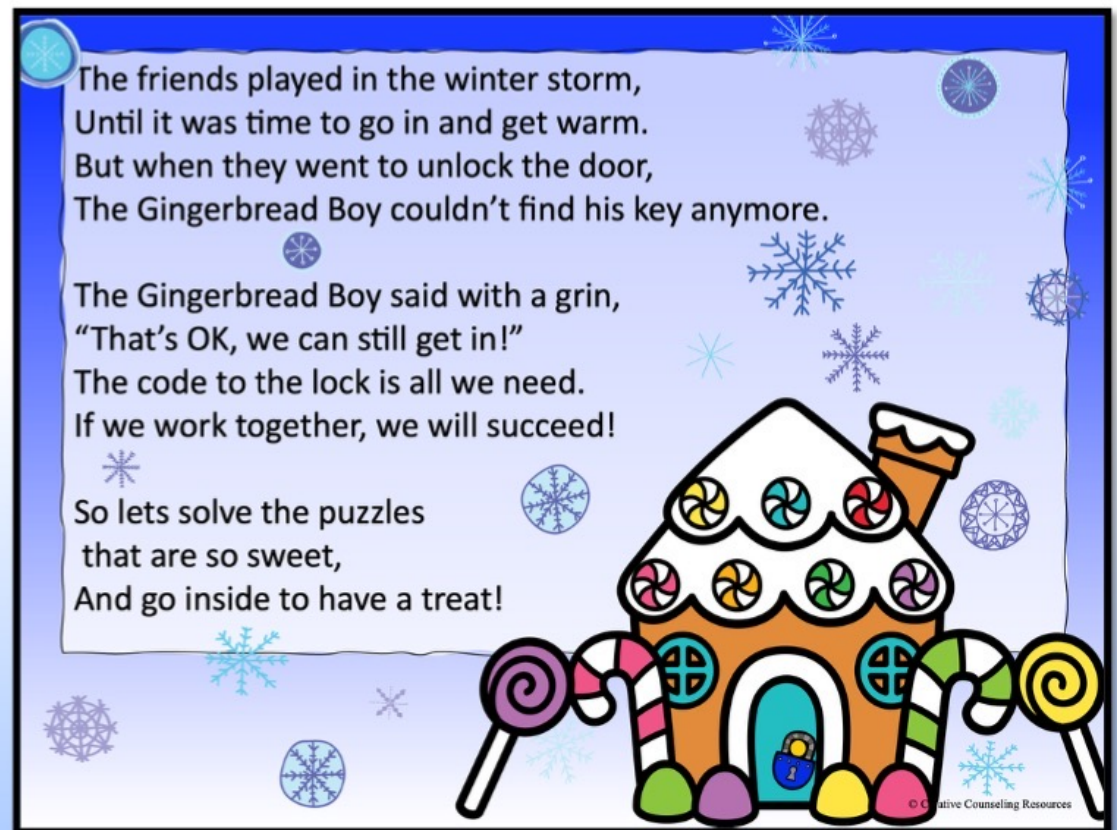


A SNOWY DILEMMA... CAN YOUR STUDENTS SAVE THE DAY?

The Gingerbread Buddies are cold and locked out!

To get inside, your students must work together to solve 5 puzzles — building empathy, compassion, & kindness along the way!

Let the sweet holiday adventure begin!



WHY TEACHERS LOVE THIS LESSON:



❄️ Builds real-life SEL skills — empathy, respect, communication

❄️ Reinforces positive classroom culture

★ Teaches the Golden Rule in a fun, hands-on way

🎁 Turns learning into a joyful holiday adventure!

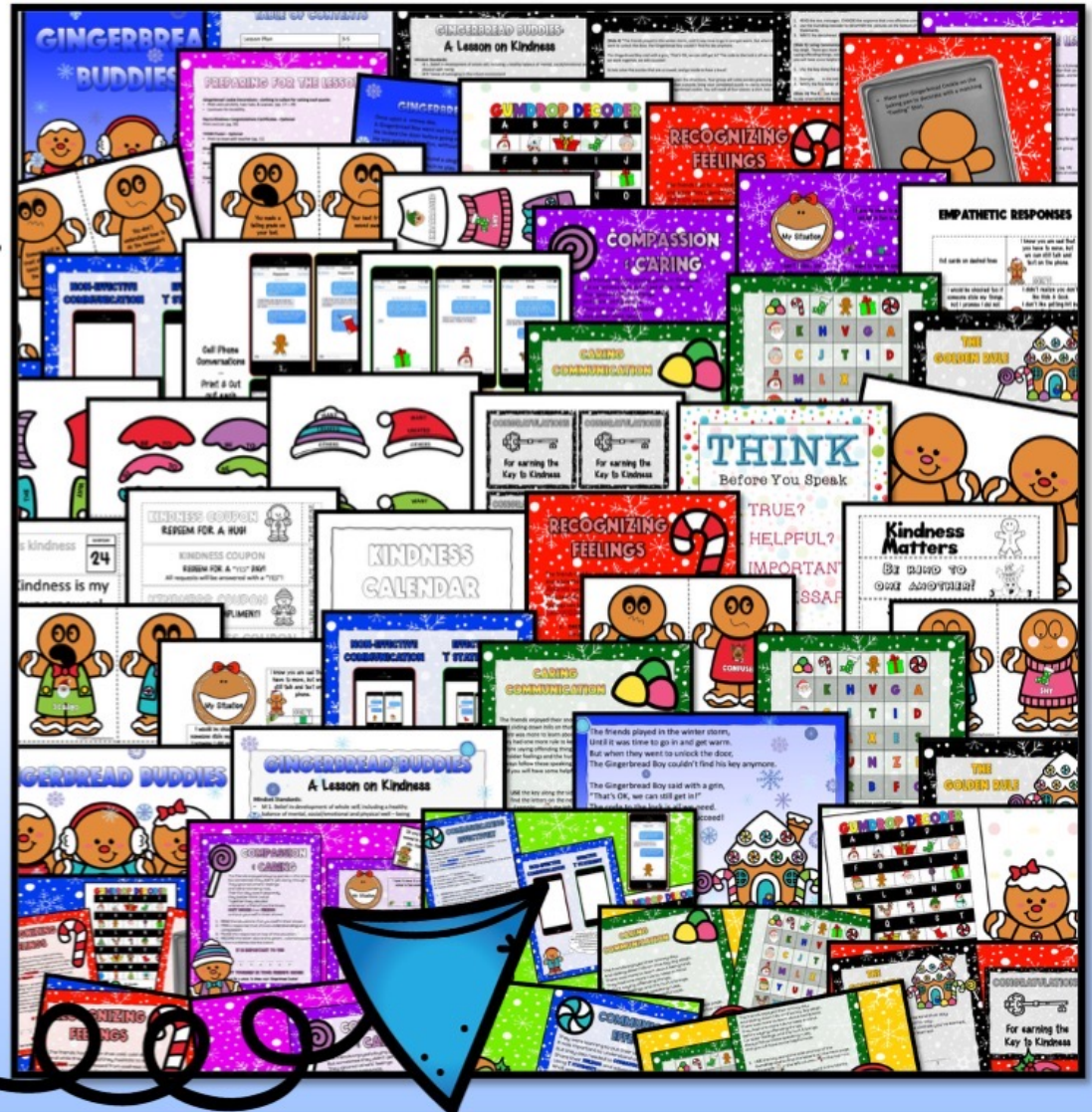
Perfect for guidance lessons, classroom teachers, or small group work!

HERE'S WHAT YOU'LL GET:

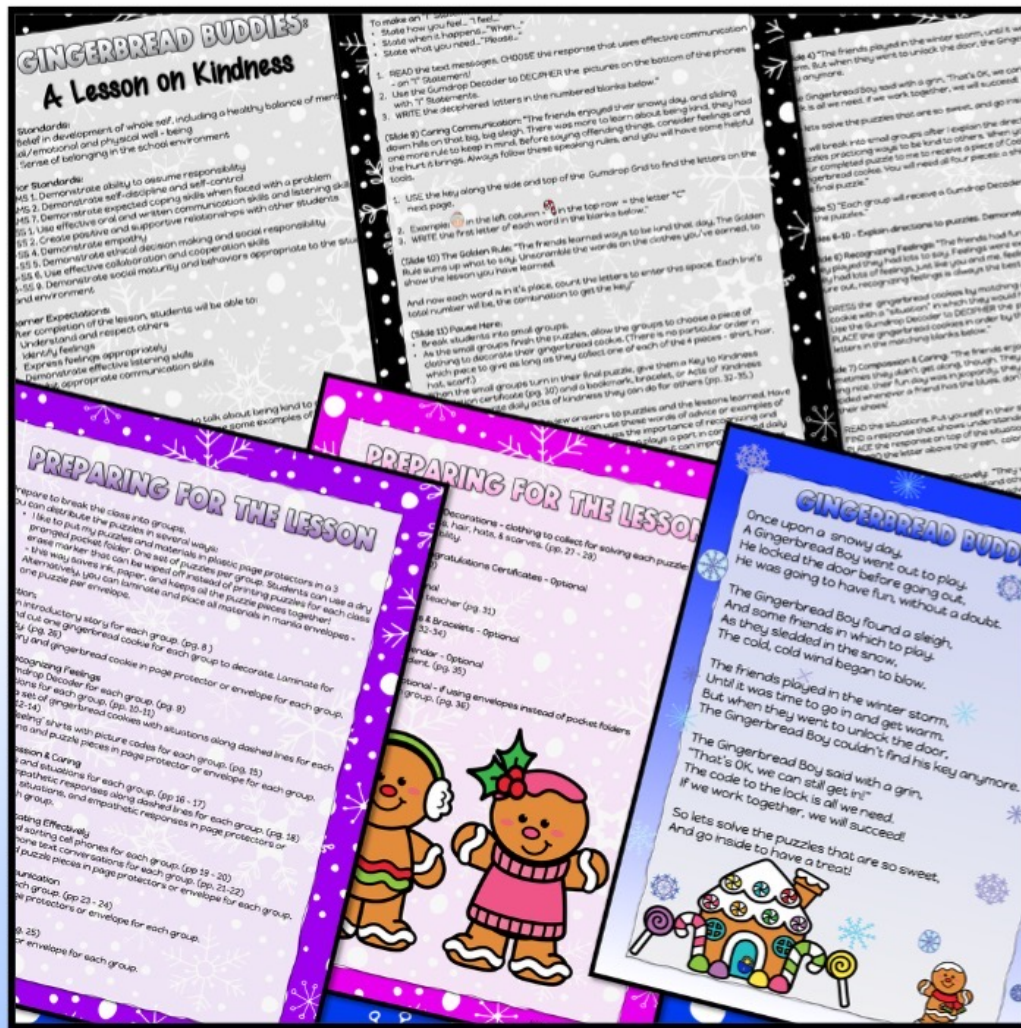
- ✔ Scripted Lesson Plan (3 pgs) + Prep Guide (2 pgs)
- ✔ 5 Engaging Puzzles w/ Visuals + Gumdrops Decoder
- ✔ Kindness Certificates, Bookmarks & Bracelets
- ✔ THINK Poster & Kindness Calendar
- ✔ Full Slideshow (16 slides)

💡 Just print & play!
All templates included.

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SCRIPTED & READY TO GO!



- ✓ Scripted lesson
- ✓ Aligned with ASCA Mindsets & Behaviors
- ✓ Story intro grabs attention



PREP METER

Just print, cut, and assemble once—then reuse this engaging lesson year after year.

ALIGNED WITH ASCA MINDSETS & BEHAVIORS



Targets key SEL skills such as empathy, relationship skills, and responsible decision-making.



Aligns with ASCA Mindsets & Behaviors so you can confidently document your lesson.



Supports school-wide kindness, anti-bullying, and communication goals.

GINGERBREAD BUDDIES: A Lesson on Kindness

Mindset Standards:

- M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- M 3. Sense of belonging in the school environment

Behavior Standards:

- B-SMS 1. Demonstrate ability to assume responsibility
- B-SMS 2. Demonstrate self-discipline and self-control
- B-SMS 7. Demonstrate expected coping skills when faced with a problem
- B-SS 1. Use effective oral and written communication skills and listening skills
- B-SS 2. Create positive and supportive relationships with other students
- B-SS 4. Demonstrate empathy
- B-SS 5. Demonstrate ethical decision making and social responsibility
- B-SS 6. Use effective collaboration and cooperation skills
- B-SS 9. Demonstrate social maturity and behaviors appropriate to the situation and environment

Learner Expectations:
After completion of the lesson, students will be able to:

- Understand and respect others
- Identify feelings
- Express feelings appropriately
- Demonstrate effective listening skills
- Exhibit appropriate communication skills

Getting Started:
Transition to Guidance

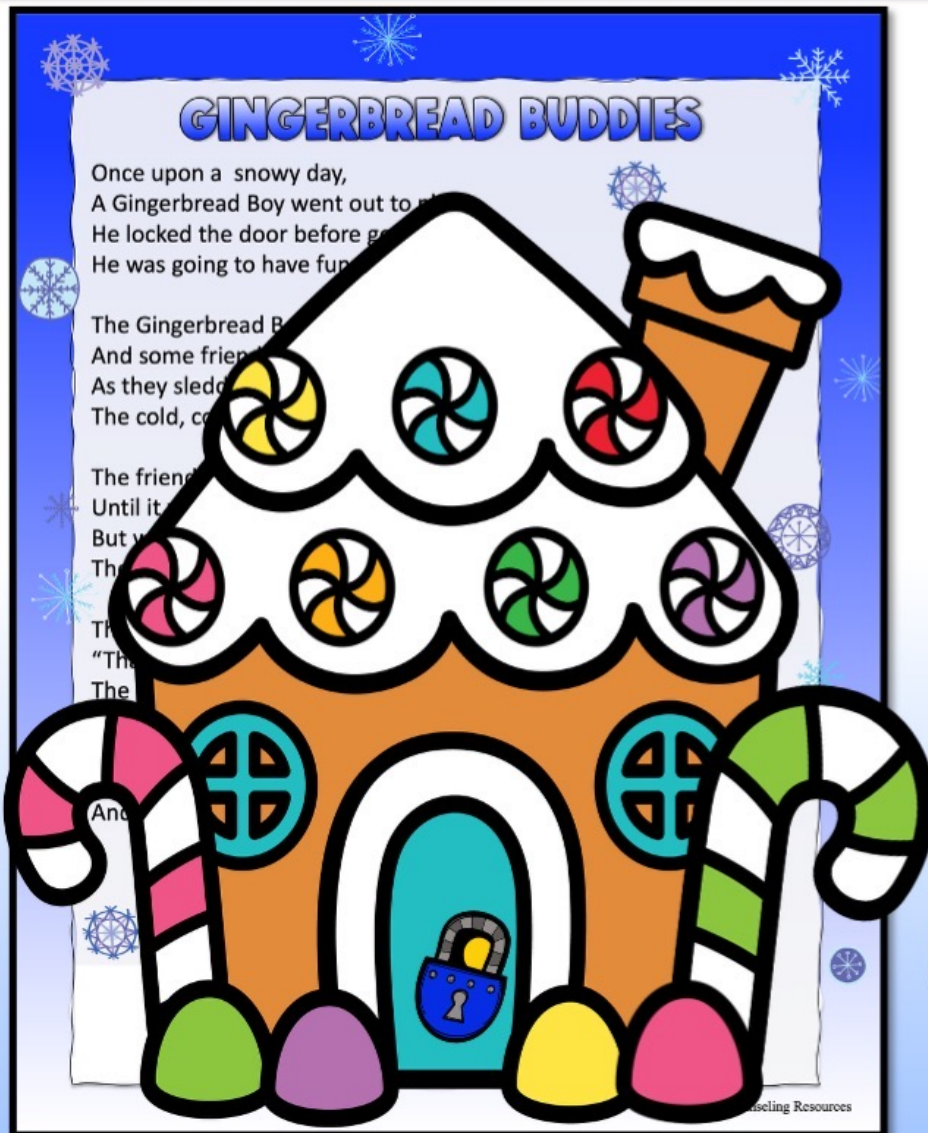
(Slide 1) Tell students, "We are going to talk about friendly communication and being kind to others. How do you feel when someone is kind to you? What are some examples of kindness others have given to you?"

(Slide 2) "Being kind involves recognizing how others feel, using empathy, I-statements, and thinking before we speak. We will practice these things as we try to help the gingerbread buddies solve the puzzles for a key to the gingerbread house."

(Slide 3) "Once upon a snowy day, a Gingerbread Boy went out to play. He locked the door before going out, he was going to have fun, without a doubt. The Gingerbread Boy found a sleigh, and some friends in which to play. As they sledged in the snow, the cold, cold wind began to blow."

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THE ADVENTURE BEGINS!

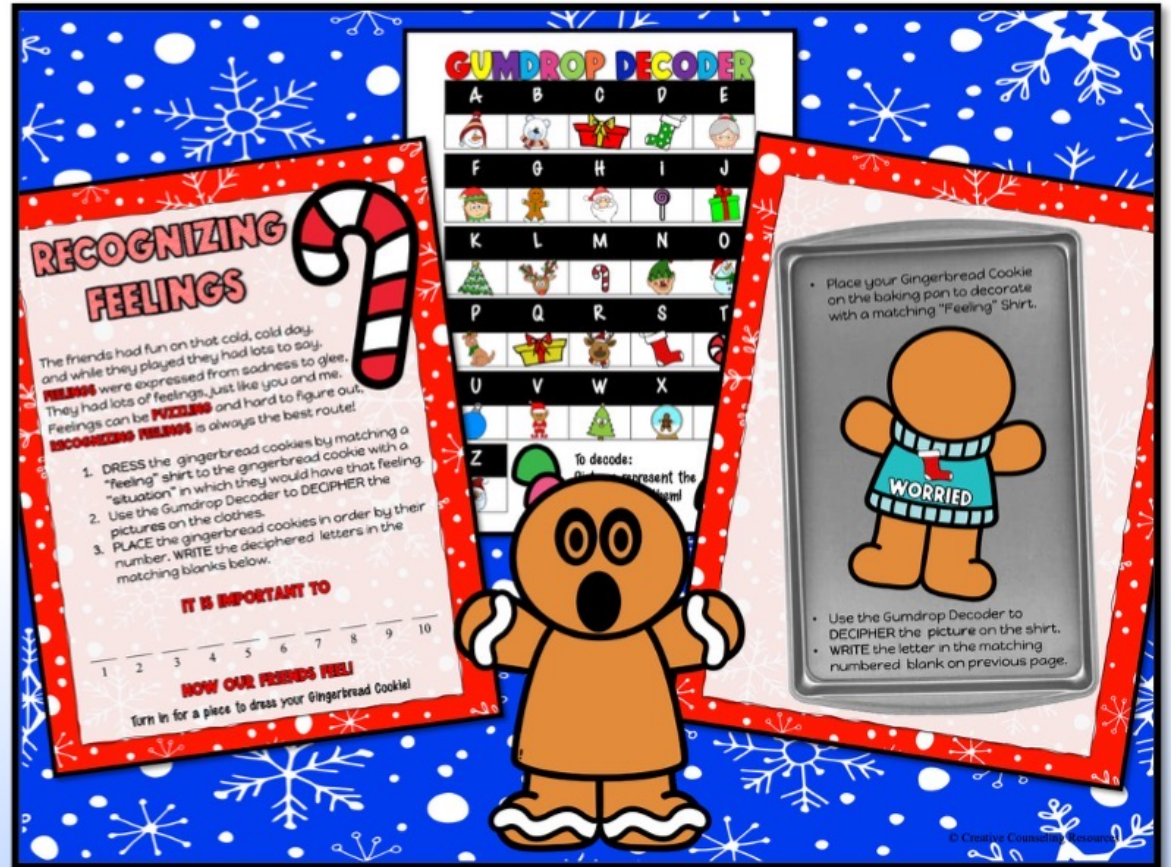


Start with a short, engaging story about the Gingerbread Buddies who are cold outside and need your students' help to open the locked house.

Bonus: Students earn a Kindness Certificate & goodies to share.

PUZZLE 1: RECOGNIZING EMOTIONS

Match gingerbread shirts to situations, then use the Gumdrops Decoder to reveal a hidden kindness message.



 Skill: Identifying feelings in self & others

PUZZLE 2:

SHOWING COMPASSION

COMPASSION & CARING

The friends enjoyed playing games in the snow. But sometimes they didn't get along, though. They ignored others' feelings and were not being nice. Their fun day was in jeopardy, they better think twice! Together they decided whenever a friend has the blues, **DON'T IGNORE** their **FEELINGS** and put yourself in their shoes!

1. READ the situations. Put yourself in their shoes.
2. FIND a response that shows understanding and compassion.
3. PLACE the response on top of the situation.
4. RECORD the letter above the green, colored square in the numbered blanks below.

IT IS IMPORTANT TO USE

1 2 3 4 5 6 7

PUT YOURSELF IN YOUR FRIEND'S SHOES!

Look in for a piece to dress your Gingerbread Cookie!

My Situation

I can't believe you stole my candy!

I want to have a snowball fight because I'm not good at Hide & Seek!

I wish I knew those kids. They look like they are having fun.

Hey! It's my turn to sled down the hill. Go to the back of the line.

I'm not good at making snowballs. They always fall apart.

I can't believe you just knocked my snowman down. I worked on it for hours!

Oh you're the new kid that moved in next door. Don't be shy. Come play with us!

TEA

Choose empathetic responses and unlock your next clue!

Practice seeing from another person's point of view.

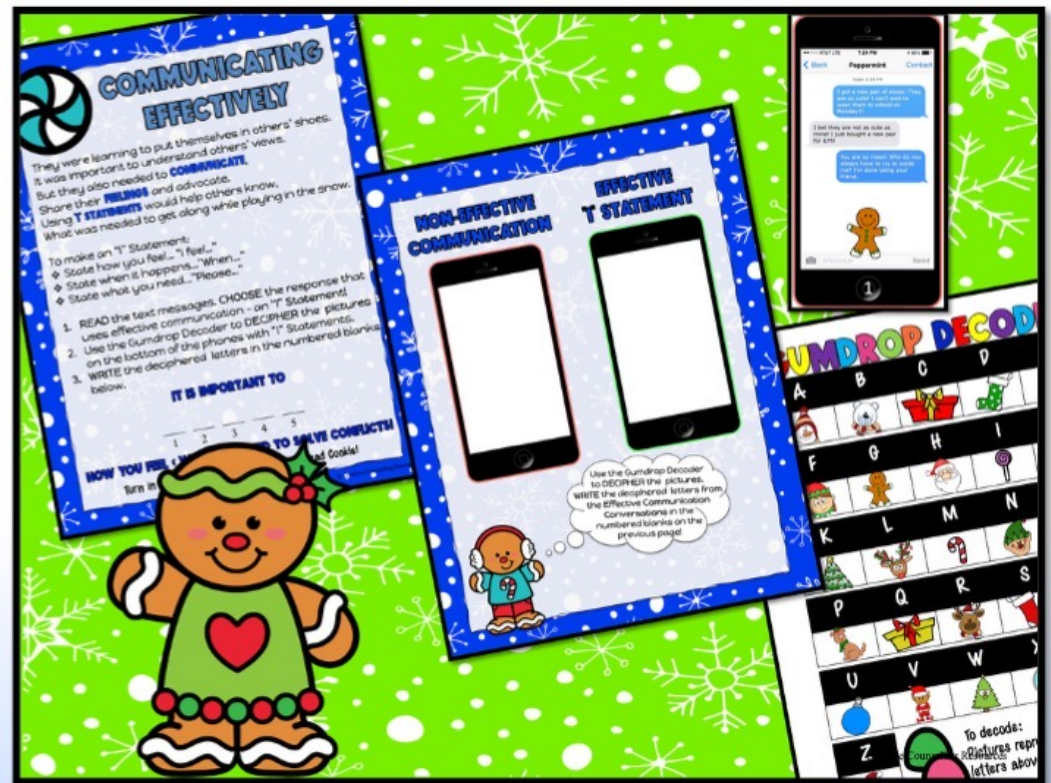
 **Skill: Building emotional awareness & empathy**

PUZZLE 3:

COMMUNICATING EFFECTIVELY

Use "I" Statements to solve text message dilemmas

Use the Gumdrops Decoder on the phones to reveal the next clue.



 Skill: Assertive, respectful communication

PUZZLE 4:

THINK BEFORE YOU SPEAK



Use a gumdrop grid to reveal a message of kindness

Reinforces self-control and thoughtful communication in a fun, puzzle-based way.

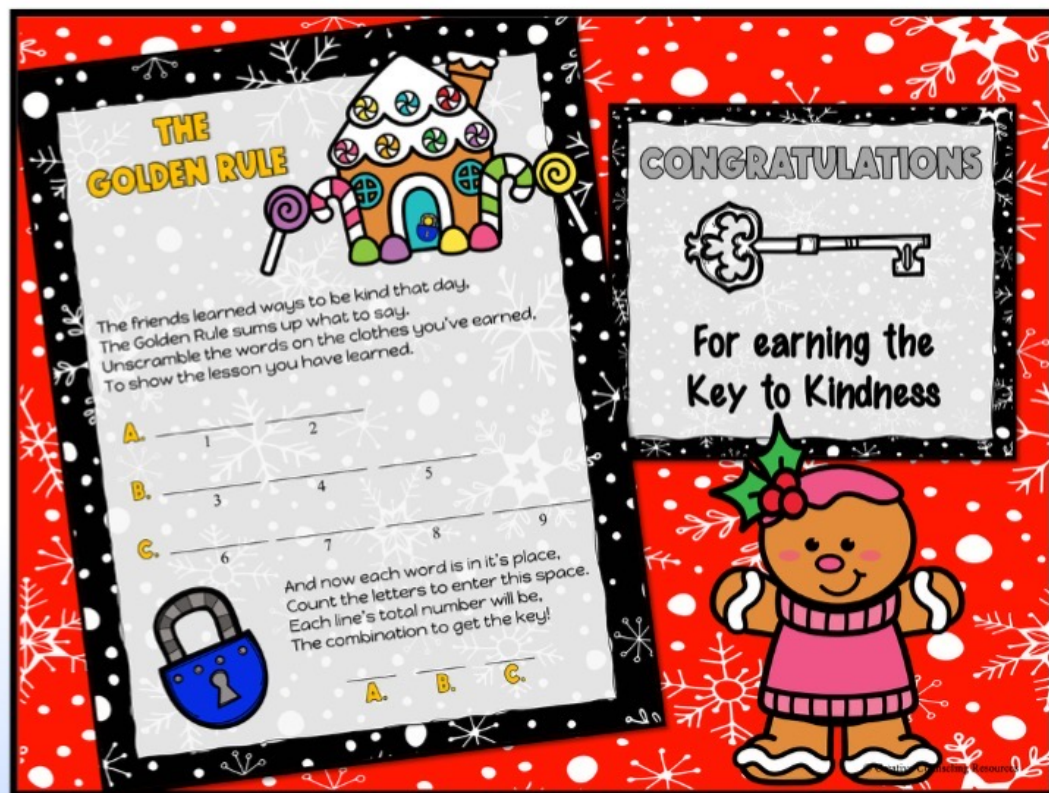
 **Skill: Thoughtful speech & kindness in action**

FINAL PUZZLE: UNLOCK THE GINGERBREAD HOUSE!

Unscramble your cookie clues and solve the lock!

Finally unlock the gingerbread house and "let in" the Gingerbread Buddies!

Brings together everything they've learned about kindness, empathy, and the Golden Rule in one exciting finale.



SLIDESHOW INCLUDED NO PREP? NO PROBLEM!



A ready-to-use
slideshow guides
the lesson from
start to finish!

Just open, click through,
and teach.

KEEP KINDNESS GOING ALL MONTH LONG!

Kindness coloring bookmarks & bracelets – perfect to share with friends or staff.

Acts of Kindness Calendar – track daily kind acts at school or home.

THINK Poster – hang as a visual reminder to pause before speaking.



Share kindness with others!

FLEXIBLE FOR ANY SCHEDULE:



Use as a Kindness Lesson
45 – 60 minutes



Break into small group/lunch
bunch meeting topics



Set up rotation stations
focusing on each of the
puzzles



Use as week-long daily
activities, 1 puzzle per day



Share bookmarks with
others as an act of kindness



Partner with other classes or
grades for a collaborative
escape room experience.
Older students can assist
younger ones, fostering
mentorship and teamwork



After completion, have
students role-play scenarios
related to kindness and
gratitude, followed by
reflective discussions



Focus on one letter per day
of THINK Poster. Discuss at
end of day

LOVE THIS? GRAB THE HOLIDAY SEL BUNDLE!

KINDNESS

A PRIMARY ESCAPE LESSON



FRIENDSHIP GETTING ALONG

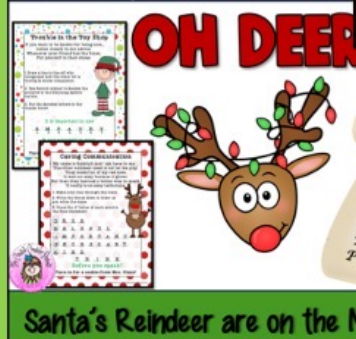


GLOW GRAMS Holiday Themed



GREAT FOR FUNDRAISERS!

KINDNESS Escape Room Lesson



KINDNESS ESCAPE LESSON



CLICK TO
BUNDLE
AND SAVE!

Best
Value!