

# KINDNESS LESSONS

## GRADE LEVEL: TK-3

Objective	Students will learn about kindness and when to use it.
Materials	Kindness Book Paper Hearts Scraps of Colored Paper Glue Sticks
Agenda	<p>Circle Question</p> <ul style="list-style-type: none"> <li>Name and favorite animal</li> </ul> <p>Book: "A Little Spot of Kindness" by Diane Alber</p> <p>Discussion:</p> <ul style="list-style-type: none"> <li>Why is it important to be kind?</li> <li>How can we be kind?               <ul style="list-style-type: none"> <li>While students are answering how to be kind, use docucam and start heart activity to show them how to do activity and the impact of kind words/actions.</li> <li>Glue ripped pieces of colored paper on heart for each example of kindness students give until heart is full.</li> </ul> </li> </ul> <p>Activity</p> <ul style="list-style-type: none"> <li>Throw kindness like confetti!</li> <li>Students will have paper hearts and will glue scrap pieces onto them to represent how kindness can make our hearts feel full and colorful. Scraps are different colors, shapes, and sizes to represent how kindness can be expressed differently.</li> </ul>

## GRADE LEVEL: 4-5

Objective	Students will learn the impact of kindness and the power of paying it forward.
Materials	Laptop - YouTube Video Paper Hearts

	Pens/Colored Pencils
Agenda	<p>Circle Question</p> <ul style="list-style-type: none"> <li>Name and favorite animal</li> </ul> <p>Topic Introduction: Kindness</p> <p>Video: <a href="https://www.youtube.com/watch?v=uaWA2GbcnJU">https://www.youtube.com/watch?v=uaWA2GbcnJU</a></p> <ul style="list-style-type: none"> <li>Optional activity: keep track of how many kind acts you see</li> </ul> <p>Discussion</p> <ul style="list-style-type: none"> <li>What did we learn from the video about the impact of kindness?</li> </ul> <p>Activity: Crumpled Heart Activity</p> <ul style="list-style-type: none"> <li>Students will each have a paper heart.</li> <li>Students will share unkind words/actions done to them, and for each unkind act, we will all fold our paper hearts. (Counselor does activity on docucam to show example)             <ul style="list-style-type: none"> <li>If time doesn't permit, ask students to think of unkind acts done to them and crumple up the paper heart.</li> </ul> </li> <li>Students unravel heart to see how it looks different: hurt, broken, damaged, imperfect. Students share kind acts that they've received. Share out a few examples, then end with lesson:             <ul style="list-style-type: none"> <li>There will be times when someone will hurt us, or we'll hurt someone else. This could be intentional or unintentional, but regardless, what matters is impact &gt; intention. What matters is that hurt was caused, so in order to move forward, we have to find ways to heal, whether it be healing the hurt someone caused us on our own, or knowing when to apologize and right our wrong. It takes a lot of courage to do that. But when we do, we notice that our crumpled, damaged hearts grow a little stronger in time.</li> </ul> </li> <li>Students will write kind acts they've received on their crumpled hearts to fill it with love.</li> </ul>