

Unit 3: Social Awareness • Lesson Plans

Lesson 6	Kindness
Objectives	Students will discuss the meaning of kindness. Students will identify specific benefits to being kind. Students will develop a list of kind acts to complete.
Vocabulary	Kindness: The quality of being friendly, generous, and considerate. Random Act of Kindness: A thoughtful gesture just for the sake of being nice and helpful. Equity: The concept that everyone should get what they need in order to be successful.

Activity 3: Kindness Share

- PREP: You can choose to have students arrange desks in a circle.
- SAY: For this activity, we're going to be practicing kindness.
- Explain that students will be writing their name on top of their paper and leaving it at their desk. Then, they will switch desks with the person next to them. On another person's paper, they will write something kind about that person. Then, they will switch again to the next desk. This should continue until students go all the way around the room. By the end, students should have a huge list of kind comments written about them.
- Discuss how it made students feel to write kind comments to others. Discuss how it made students feel to read the kind list about them.

Activity 4: Random Acts of Kindness Challenge

- SAY: We've talked about kindness, but now let's talk about random acts of kindness. What does that concept mean to you? (Share responses). A random act of kindness is a thoughtful gesture specifically without wanting or expecting anything in return. It's a kind act we do that doesn't need or demand credit. One example is holding the door for someone. I want you to stop and think about what other random acts of kindness you know about.
- Have students get in groups. Together, they will be brainstorming a list of as many random acts of kindness as they can think of. The group with the largest list will win.
- Share lists. Examples include: Holding the door open, helping someone with work, cleaning up a mess.
- Discuss ways students can perform random acts of kindness throughout the day, week, and year.

Activity 5: Just Be Kind

- PREP: Put together your own set of art materials, depending on your comfort level.
- Explain that students will be creating a poster with a message of kindness, with the goal being to remind others to be kind.
- Have students review the "Just Be Kind" quotes list. Show the example poster. Give students time to create their own kindness posters. Give time to share.

Closing: Discuss closing questions:

- What does kindness mean to you?
- When was a time that you were kind to someone else? How did it make them feel and how did it make you feel?
- How can we add more kindness into our community?

Notes

Name: _____

Date: _____

Kindness

Without a doubt, kindness is important because it's a special way of helping others. Did you know that when you are kind, it actually helps you, too? Here are some of the many benefits to kindness.

Being kind increases happiness. Doing kind acts and helping others actually can help you feel better! Being kind or even just witnessing acts of kindness allows our bodies to produce hormones that help us feel happy and loved. Best of all, these feelings can actually last days and weeks. In short, this means we feel good when we are kind.

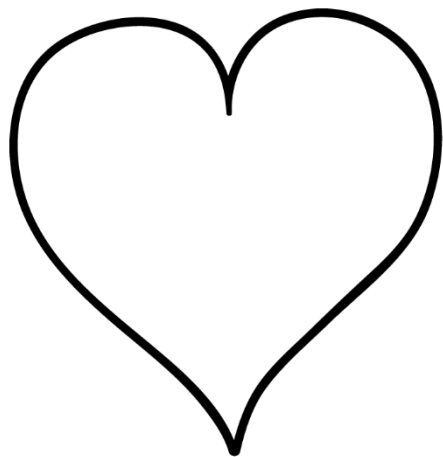
Kindness improves relationships. The kinder that you are, the more other people will notice. Of course, this will improve your relationships with friends and adults.

Being kind improves health. Scientifically, kindness can actually improve our immune systems, which allows us to be healthier! Being kind and helping others can lead to fewer aches and pains. It might even help lead to a longer life!

Kindness is contagious. When someone performs an act of kindness, it can have a domino-effect. This means that others want to be kind, too.

Being kind reduces stress. Purposely being kind to others can have an impact on the stress in our own lives. While being kind won't take away all the stress we have, it has shown to counteract some of it, helping us cope with the negative feelings. Simply put, being kind is another way to battle the stress of everyday life.

Kindness improves our confidence and self-worth. When we are kind, it makes us feel good. In turn, this helps to improve our self-confidence and encourages us to believe in ourselves.



Being kind increases empathy. When you go out of your way to be kind to others, you are improving your ability to empathize with others. Of course, empathy is a foundational social skill necessary for success.

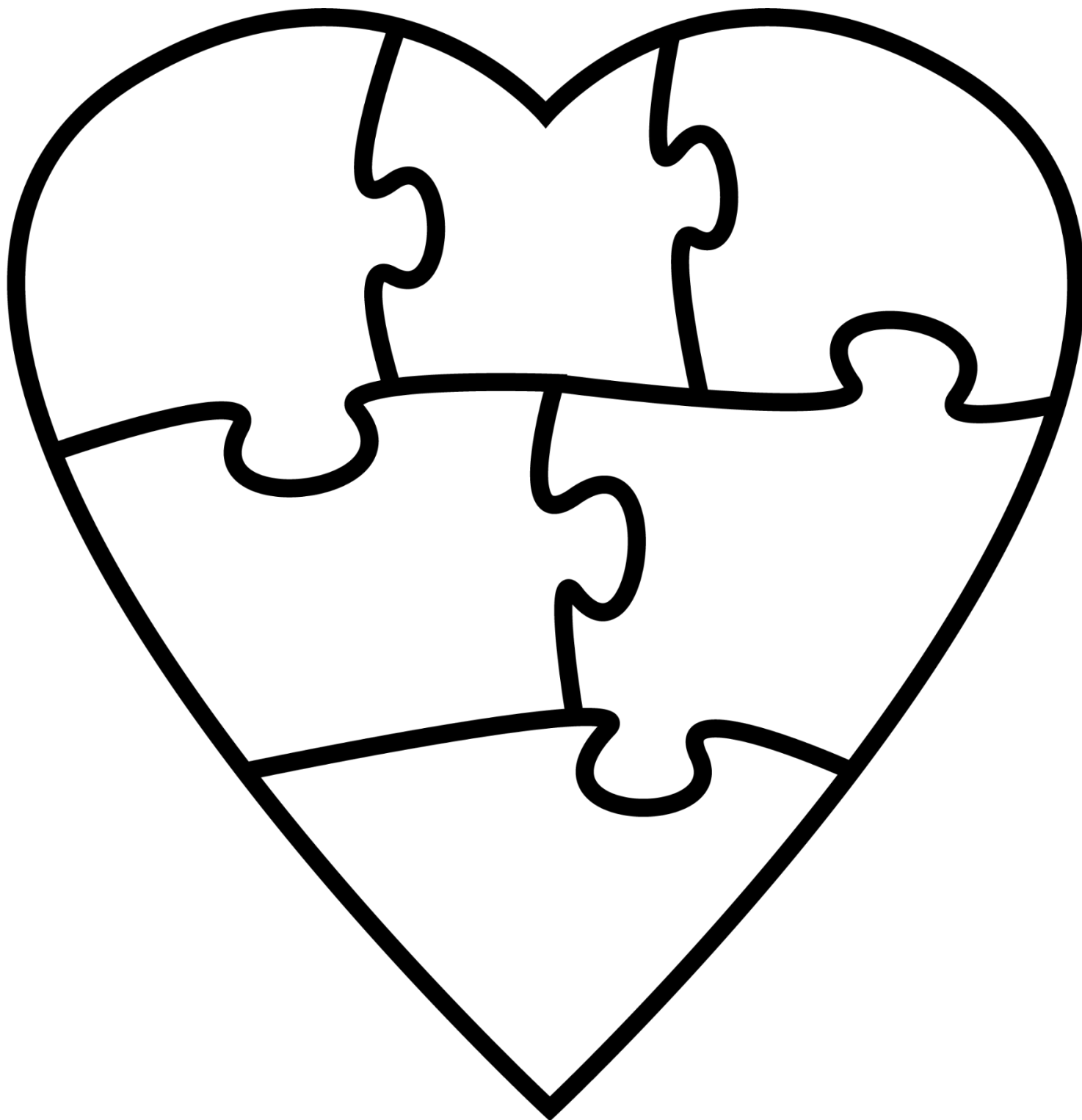
Kindness allows you to connect with your community. Kindness has no limits. Since you can be kind no matter where you go, it is a great way to connect and interact with people in your community.

Name: _____

Date: _____

Kindness

Kindness fills the heart! In each puzzle piece, list a benefit to kindness and color it in.



EQUITY

Everyone gets what they need
to be successful.

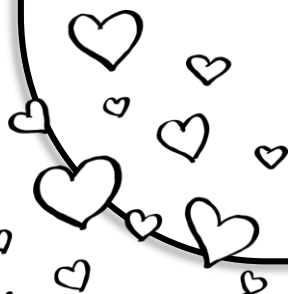
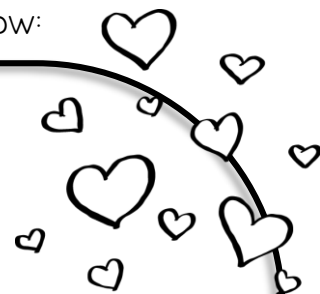


Name: _____

Date: _____

Kindness Share

Leave your paper for others to write kind comments about you below:

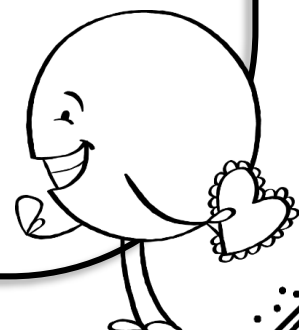


Name: _____

Date: _____

Random Acts of Kindness Challenge

With a partner or group, come up with as many random acts of kindness as you can. List them below!



Name: _____

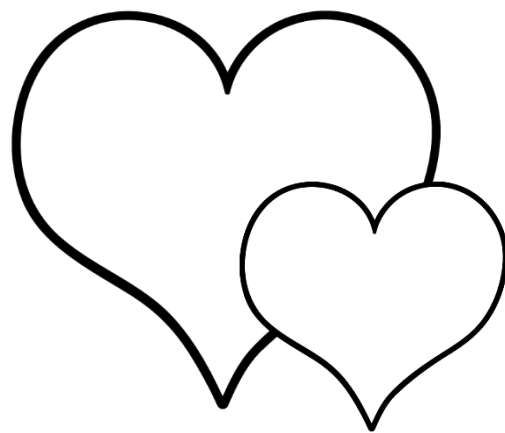
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Just Be Kind

Create your own poster to encourage others to be kind. You can use the quotes below or make your own.

- You never know what someone is going through. Just be kind.
- No act of kindness, no matter how small, is ever wasted.
- Kindness is a language that everyone can understand.
- Be kind. It will always make a difference.
- Choose kindness.
- Together we can change the world, just one random act of kindness at a time.
- Spread kindness everywhere you go.
- In a world where you can be anything, always be kind.
- Sprinkle kindness like confetti.
- Kindness is free.
- Kindness is never wasted.
- One of the most important things you can do is to be kind.
- A single act of kindness can make a difference.
- A little spark of kindness can change someone's whole day.
- Use your voice for kindness
- Ask yourself, "What kindness have I given out today?"
- Kindness lets others know they are not alone.
- Kindness is something small with a big impact.
- Trust in kindness.
- Kindness begins with you.
- Kindness is more than deeds. It is anything that lifts another person.
- Be a little kinder than you have to.
- The most valuable gift you will ever give is kindness.
- Kindness. Pass it on.

You never
know what
someone is
going through.



Just be kind.