KINDNESS

5 LESSON

STANDARDS ADDRESSED

- Students will identify and express feelings.
- Students will use drawing and writing to compose informative and explanatory texts that name and supply information about the topic.
- Students will explore and create meaning through conversation, drama, questioning, and storytelling.

Objectives

Students will understand what kindness is.

Students will explore ways they can show kindness and how others have shown them kindness.

Students will understand that kindness is easy to give.

Materials Needed

- “Ways to Show Kindness” Educator Resource (“I Do”)
- “Kindness Cards” Activity Sheet for each student (“We Do”)
- “Kindness Story,” "Kindness Picture," or “Kindness Coloring” Activity Sheet for each student (“You Do”)
- Drawing supplies for each student (“You Do”)
- “Kindness Bingo” Activity Sheet for each student (“Homework Extension”)
- "The Lion and the Mouse" Educator Resource ("Literature Extension")

Starter *(5 minutes)*

Ask students to remember a time when someone either said or did something nice for them (for example, someone said something nice about their clothes, someone helped them clean up). Then have students share how this made them feel. Tell them these are examples of kindness. Say, “An act of kindness can mean so much to another person. Today we’re going to explore how to show kindness to others.”

Teacher Presented Knowledge / I Do *(10 minutes)*

Display or distribute the “Ways to Show Kindness” Educator Resource and review it with students. Say, “There are many ways we can show kindness to other people. This sheet lists eight different ways, which we'll go through now.” Then ask, “Can anyone tell me how these show kindness?” Review each of the following examples from the “Ways to Show Kindness” Educator Resource:

1. Use your listening ears
2. Invite someone to play with you
3. Say something nice to someone
4. Smile
5. Raise your hand
6. Share with others
7. Say "thank you"
8. Help a friend clean up

As you read through the points above, model and/or specify to students why these are kind actions (for example, helping a friend clean up lets them know you care about them and can make them feel happy). Point out to students that performing most acts of kindness is not difficult to do. Say, "Not only is being kind important for all of us to do, it is easy, too!"

Guided Student Practice / We Do *(20 minutes)*

Note: Before class, use the "Kindness Cards" activity sheet to create a “Kindness Card” for each student. Do this by writing their name at the top of the card, listing up to five of their classmates in the space below their name, and cutting the card out (each activity sheet contains four cards).

Say to students, “Now, we are going to practice what it’s like to be kind to one another. I am going to give each of you a ‘Kindness Card.’ On this card are the names of some of your classmates. For the next 10 minutes, you are going to go to a person on your list and perform an act of kindness for them." (Remind them about what they learned in "Ways to Show Kindness.") "Then, place a check in the box next to their name. Once you have done something nice for everyone on your list, give the cards back to me and return to your seat.”

Distribute the cards and tell students to start, helping them as needed. Once everyone has finished and returned to their seats, ask volunteers to share one of the nice things they said to someone else and how it made them feel to make that person happy.

Student Independent Practice / You Do *(20 minutes)*

Distribute drawing supplies and the “Kindness Story” activity sheet to each student. Tell students to draw in the box a picture of a time when either they showed kindness to someone or someone showed kindness to them. Then, have students write a sentence or two below the box to describe their drawing.

Once students have finished, ask volunteers to share their drawings/stories with the class.

Alternatively, if you prefer, you can have your students complete one of the following activities instead:

1. Kindness Picture: have students draw a picture of a time when either they showed kindness to someone or someone showed kindness to them. Then, have them trace the word "Kind" in the space below the picture.
2. Kindness Coloring: have students color the picture in the activity sheet. Then, ask volunteers to share with the class a time when either they showed kindness to someone or someone showed kindness to them.

Closure *(5 minutes)*

Share the following quote with students, "Spread kindness like confetti." Ask volunteers to share what they think this means. Remind students that not only are there many ways to show kindness, it's easy too. Encourage them to perform acts of kindness every day.

Student Assessment

1. What is kindness?
2. What are ways you can show kindness to someone?
3. How does it make a person feel when you show kindness?

LESSON EXTENSIONS

Art Extension

Distribute markers and poster board to students. Have them work in small groups or independently to create “It’s cool to be kind” posters showing ways they can be kind to someone every day.

Drama Extension

Have students act out scenarios where they show kindness to others.

ELA Extension

As a class, create a “Kindness Calendar” with examples of how to be kind every day of the week. Encourage students to do the acts of kindness on the calendar each day.

Homework Extension

As a class, identify different ways students can show acts of kindness. Use the suggestions to create a “Kindness Bingo” card with this template (https://bit.ly/kindessbingo). If you prefer, you can use the included PDF.

Tell students that their goal over the next week is to perform as many acts of kindness from their “Kindness Bingo” card as possible. Consider offering a prize for students when they fill their cards (for example, a “Kindness Recognition” certificate, a movie day, a longer recess).

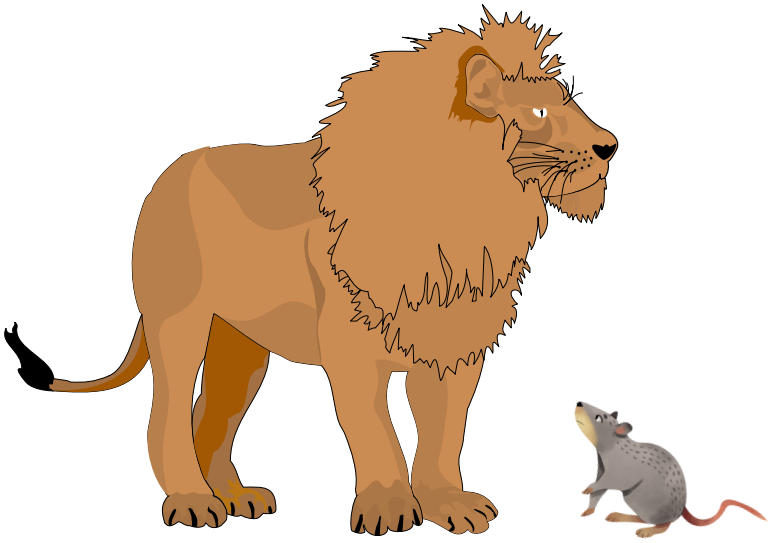
Literature Extension

Read Aesop's Fable "The Lion and the Mouse" to students (see "The Lion and the Mouse" Educator Resource). Use the following questions to spark discussion:

- Why did the Lion let the Mouse go?
- What did the Mouse do to repay the kindness of the Lion?
- What do we learn from the story of the Lion and the Mouse?

Music Extension

Show students the video "Sesame Street: Try a Little Kindness" (youtube.com/watch?v=enaRNnEzwi4). Have students identify the examples of kindness shown in the video. Then, as a class, create your own song or cheer about kindness.



The Lion & the Mouse

A Lion lay asleep in the forest, his great head resting on his paws. A timid little Mouse came upon him unexpectedly, and in her fright and haste to get away, ran across the Lion's nose. Roused from his nap, the Lion laid his huge paw angrily on the tiny creature to kill her.

"Spare me!" begged the poor Mouse. "Please let me go and some day I will surely repay you."

The Lion was much amused to think that a Mouse could ever help him. But he was generous and finally let the Mouse go.

Some days later, while stalking his prey in the forest, the Lion was caught in the toils of a hunter's net. Unable to free himself, he filled the forest with his angry roaring. The Mouse knew the voice and quickly found the Lion struggling in the net. Running to one of the great ropes that bound him, she gnawed it until it parted, and soon the Lion was free.

"You laughed when I said I would repay you," said the Mouse. "Now you see that even a Mouse can help a Lion."

KINDNESS BINGO!

Being kind is easy and fun! Circle each of the squares as you perform the acts of kindness. Can you circle all the squares?

Ask someone about their day	Help someone clean up	Raise your hand before speaking in class
Say something nice to five people	Share with others	Hold the door open for someone
Invite someone to play with you	Make a handmade gift for someone	Say thank you

Kindness Cards

_____'s Kindness Card

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_____'s Kindness Card

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_____'s Kindness Card

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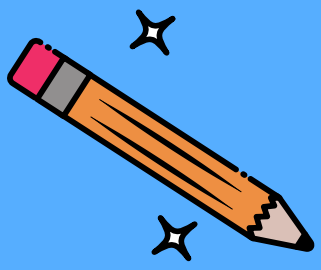
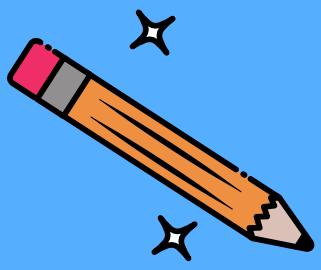
Kindness Coloring



Kindness Picture

KIND



Kindness Story

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WAYS TO SHOW KINDNESS

USE YOUR LISTENING EARS

INVITE SOMEONE TO PLAY WITH YOU

SAY SOMETHING NICE TO SOMEONE

SMILE

RAISE YOUR HAND

SHARE WITH OTHERS

SAY "THANK YOU"

HELP A FRIEND CLEAN UP