

Random Act of Kindness Bookmarks

This is the final lesson in our Courage unit. It focuses on the namesake of the entire organization- Random Acts of Kindness. The class will create RAK bookmarks and secretly hide them in books in the library for others to find.

Courage Sub-Concept(s)

Kindness

Lesson Timeframe

45 minutes

Required Materials

- Brightly colored cardstock
- Heart stencil or cut out
- Yarn
- Hole punch
- Basic art supplies

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



**DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.**
See last page for details.

Lesson Objective

Students will:

- Complete a random act of kindness.
- Explain how it takes courage to be kind to others without recognition.

Teacher Connection/Self-Care

As we head into the final week or so of the school year, the courage to respond with kindness leads us out of the classroom and back with our families and friends as summer vacation looms in the not so distant future. Do you have the courage to respond with kindness at home? At times, it can often feel harder to lean into kindness with those closest to you as they are also the people that know firsthand how to press your buttons and dampen your mood. However, the real test in your ability to respond with kindness is how you treat those in your inner circle.

This week, and throughout the summer this year, use our namesake, Random Acts of Kindness, as a motto for how to treat others each day. Become more conscious of the people closest to you. Find one small thing you can do for each of them daily. Something small, but meaningful; something simple, but kind. No random act of kindness is too small to impact another. Your concentrated effort to make your immediate world a better place has a ripple effect on the larger world around you. How can you courageously respond with kindness on a daily basis?

Tips for Diverse Learners

- Write the kindness phrase on the bookmark and have the student trace it if needed.
- Pair students up during the book hiding portion to increase understanding and comprehension of the activity.
- Remind students to NOT put their names on the bookmarks- they are secret surprises for others!



Share

3-5 minutes

Play Happy! Excited! Surprised!

Instructions:

Partners stand back to back and individually make a decision on which of the three expressions they want to make with their body:

- Happy- 2 thumbs up
- Excited- fist pumped in the air
- Surprised- Two hands open in front of chest

Demonstrate how to play using a volunteer. The teacher will count to three and then both partners will turn around, showing the other their expression. If the other person doesn't match, that's ok! Show kindness with your words and try again! Repeat the activity 3 times and then trade partners to try again.



Inspire

What are Random Acts of Kindness?

5-7 minutes

Explain that a random act of kindness is a fun surprise of kindness given to someone else without them ever knowing it was you! These acts of kindness are not announced, not planned, and not rewarded. You are doing kind things for others just because you want someone else to feel good, not because you want anyone to notice you. The trick to completing random acts of kindness is to not get caught. The best part of random acts of kindness is how it makes us feel inside. We might feel excited, knowing someone will find it soon, scared that no one will find it all, or even proud because we are doing a good deed. That's our body telling us we're doing something that benefits others and ourselves!

Kindness is Cooler, Mrs. Ruler by Margery Cuyler (10-12 min.)

Read Aloud Link: www.youtube.com/watch?v=et4KluESo0o

This book helps illustrate what a random act of kindness is and provides concrete examples of how children can perform them for others in everyday life. After reading the story ask the following:

- What is a random act of kindness?
- What random acts of kindness did the children do for their families?
- How did doing random acts of kindness help the children change their attitudes and treat others kindly again?

If time permits, brainstorm some ways students can perform random acts of kindness in the classroom. Remember, it's the little things that count! Every small act of kindness helps to make our world a better place!



Empower

15 minutes

Today we will do our first random act of kindness together as a class. Explain that each student will create a kindness bookmark. Then, the class will go to the library and hide the bookmarks in random books for future students to find when they check them out. Not only will they have a new bookmark, but they will be inspired to pass on the kindness to someone else as well!

- Every student will write the phrase, “Be KIND and pass it on!” on their bookmark. They will then add a heart and illustrate the back. Remind them to NOT write their names on the bookmarks. A random act of kindness is anonymous, which means no one knows who did it!
- Punch a hole at the top of the bookmark and tie a piece of yarn to the hole. Make sure this part sticks out of the books as you hide them in the library.
- Last but not least, hide the bookmarks! If anyone tells you about finding one in the future, don’t give away the secret that you hid it; instead, encourage them to pass on the kindness to someone else!



Reflect

5-7 minutes

Gather as a class in your circle time/community area.
Review the following questions:

- How did it feel to make the bookmarks?
- How did it feel to hide them in the library?
- What should our next random act of kindness be?

Random Acts of Kindness are often contagious! It can be just as much fun giving a random act of kindness as it is to receive one. Keep your eyes open and be on the lookout for ways you can spread kindness daily. Your decision to give kindness to others might just inspire someone else to continue this kindness chain!



Extension Ideas

- Random Acts of Kindness can and should be carried out beyond the classroom. As a class, create a T-chart and label the sections “home” and “park”. Brainstorm ideas for doing random acts of kindness in both locations. Encourage students to complete one random act of kindness daily throughout the summer.



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LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>