

Give Me Five!

This lesson focuses on how we can respond with kindness, planning ahead to exude kindness throughout the week at random intervals.

Responsibility Sub-Concept(s)

Self-Discipline, Kindness

Lesson Timeframe

45 minutes

Required Materials

- Basic Art Supplies
- Scissors
- Plain Paper

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:

- Identify ways children can respond with kindness towards others in a variety of situations.
- Practice acts of kindness at school.

Teacher Connection/Self-Care

It is no coincidence that the first half of the word responsibility is the word response. We are responsible for how we respond to others. Although it can be a struggle, responding in kindness is a true gift that we can offer to those around us. The beauty of this response is that it is completely free for both you and the recipient. A change in attitude, an adjustment in your perspective, a deep breath before reacting: all of these actions allow you to respond in kindness regardless of the situation at hand. That said, some people and situations may require you to dig a bit deeper to conjure up the kindness needed to keep the tone upbeat. Don't despair! You can lead with kindness in every situation. The key is to plan ahead! This week, brainstorm tough situations that frequently lead you to struggle with a kind response. How can you add a kind word in these scenarios? Here are a few examples to get your juices flowing.

- 1) If someone is prone to complaining, build them up with kindness and suggest they take a stab at creating something to fix/adjust/replace the area of concern.
- 2) If a team meeting frequently ends with both sides becoming confrontational, plan ahead to write down the contributing thoughts of every member and then highlight similarities within the group to increase buy in. Now it's your turn. How can you respond with kindness?

Tips for Diverse Learners

- Allow students to draw pictures or dictate the acts of kindness onto their cut out.
- Enlarge the teacher completed hand cut out and incorporate simple pictures to increase comprehension and understanding.
- Remind students each day about the kindness goal.
- Complete the daily act of kindness WITH students to model kind behavior.



Share

5-10 minutes

We have worked very hard to become responsible citizens of our kindergarten classroom! Let's review how we have shown responsibility so far this month:

- How have you used self-discipline and responsibility to complete your schoolwork during our seatwork time?
- What is one responsible choice you made yesterday on the playground? At specials?
- What is one way you were able to use self-discipline to wait for something when you really wanted it?
- How were you able to be responsible for our classroom last week?

All of these choices are ways we can respond with kindness towards ourselves, others, and our environment/space!



Inspire

Responding with Kindness

7-10 minutes

The first part of the word RESPONSIBILITY is actually RESPONSE. A response is another word for choice. We can respond kindly or meanly. We can choose kindness or choose meanness. You have this choice many times throughout the day actually! Let's think back to this morning when each of us got up and ready for school. What choices did you make? How were able to respond with kindness at home? (I chose kind words with my mom, I chose to pick up my clothes, etc.)

- Create a 3 column chart on the whiteboard. Label the sections: Classroom, Playground, Home.
- As a class, brainstorm as many kind choices as possible under each heading.
- Remind them: *We can respond with kindness, even when others choose to be mean or unkind! It takes self-discipline to show kindness no matter what. We can do it!*



Empower

20 minutes

Students will practice choosing kindness throughout the week by focusing on 5 acts of kindness. Look back to your giant list of kind choices. As a class, choose 5 kind responses to focus on this week: 2 in the classroom, 2 on the playground, and 1 at home.

Each student will trace their hand (with help if needed), cut it out, and draw/write these 5 acts of kindness down on the fingers.

As a class, you will focus on one act of kindness each day. Make sure to highlight and explain each kind action daily to help the class focus more specifically as the day goes on. For the home one, present it on Friday, and use the class time to brainstorm specifics for each student so they feel prepared to act kindly once they get back to their house. Color in each finger after you have completed the act of kindness.

Example 5 day Responding with Kindness activities:

- Monday - Tell someone new something nice about themselves.
- Tuesday - Clean up an area in the classroom without being asked.
- Wednesday - Hold the door open for someone as you are heading out or coming back from recess.
- Thursday - Pick up a toy that you didn't play with and put it away.
- Friday - Give your parent/guardian your folder without being asked.

Each class will have a different list. Have fun and remember to respond with kindness as your students attempt these acts of kindness! Practice makes perfect.



Reflect

5-10 minutes

Have your class gather in your circle time/community area. Each day discuss the activity using the following questions:

- How did it feel to respond with kindness today?
- What was one thing you did differently to make sure you stayed kind?
- Did you find yourself doing something you didn't really enjoy? If so, how did you stay kind and positive?
- What is one other way you can respond with kindness in the classroom/on the playground/at home?



Extension Ideas

- This activity could be modified to include all 4-5 specials that your class may have. Each day could represent a different special class.
- When they complete their sheet, as a reward allow students to add a handprint to a “Colorful Hands of Kindness” bulletin board. Have students dip or paint the colors they chose above on their palms/fingers to mirror their sheet. Allow them to stamp the board several times as desired.
- This activity could also change to promote RANDOM acts of kindness as a class. How can we secretly help other classes?



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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/>