



LESSON

3

How Can I Be Kind? Unit Grade 2 • Ages 7-8

TIME FRAME

Preparation: 15 minutes
Instruction: 30 minutes
(Extra time may be needed to finish art project)

MATERIALS

RAK journals for writing activities

Heavy white paper, one for each student

Pencils, markers, colored pencils, or crayons, photos, magazine images

3 Hole Punch

Brads/rings to hold book together

Emotions Check Activity Sheet

[Kindness Concept Poster](#) for Gratitude

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.2.1a-c, 2, 3, 5; CCSS.ELA-Literacy.W.2.2, 5; CCSS.ELA-Literacy.L.2.1, 2
Colorado: Reading, Writing and Communicating S.1, GLE.1, EO.b-f; S.1, GLE.2, EO.a (i-iii), b; S.3, GLE.2, EO.a, c-g

[Learning standards key](#)

A-Z Kindness Book

Students will practice sharing ideas and brainstorming ways to be kind to others while creating a book.

Lesson Background for Teachers

This lesson builds on previous lessons in this unit.

Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

RANDOM ACT OF KINDNESS Performing an act of kindness that the receiver does not expect.

KINDNESS Kindness means being friendly, generous or considerate to ourselves and others through our thoughts, words and actions.

GRATITUDE Being thankful for and appreciating what you have and those around you.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Dictating their sentences to another student.
- Writing at their developmental level; offer blank pages, pages with lines or pages with traceable sentence frames, such as "I acted kind when...."
- Working in small groups to come up with ideas for the alphabet book.

Resources

Visit www.randomactsofkindness.org for a list of kind ideas.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

However, each lesson starts with the **Share** step to reinforce learning from previous lessons.



The RAK paradigm is the framework for teaching and building kindness skills.



Share (3 mins)

Think back to the Kindness and Gratitude Game last week. *For that lesson, what are some things you talked about with the people in your home?* Alternatively, have students share with a partner a time when someone helped them with something.

Inspire

Kindness from A-Z Brainstorming (10 mins)

*Explain to students that you are going to make a book with a page for each letter of the alphabet. Each letter will be a different ways they can be **kind** to themselves or someone else, or ways they can show they are **grateful** to someone.*

Brainstorm a few examples on the board. For Example:

- A: Be Awesome! or Always turn out the lights.
- B: Ask before you Borrow something or Be a good friend.
- C: Give Canned goods to the food bank or Care for others.

If they get stuck, have them think about some of the answers they gave during the game or saw in the music video.

Empower

Kindness Book from A-Z (10 mins)

Assign each student a letter. (Note: If you have too many letters, skip the difficult ones or do them as a class. If you have more than 26 students, allow some students to work together or assign some letters more than once.)

Give each student a piece of heavy white sheet of paper, and tell them to take out markers, crayons, or colored pencils.

Explain that they should:

- Write the letter on the top of the page.
- Write the kind act their letter represents.
- Encourage them to think carefully about how they want to illustrate their kindness idea.

When the students are finished, invite them to read their page to the class.

Gather the pages together, punch holes on the side, and secure together using brads or rings.

Wrap Up (5 mins)

To gauge understanding of the material, choose from the evaluation and reflection questions as discussion, or writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Questions

- What were some of the ways people thought of to be **kind** to others and ourselves?
- What was one thing you heard today that you had never thought of or heard before?



Reflection Questions

- Is it difficult or easy to think of ways to be **kind** to others? Why?
- What would our school, community or whole world look like if everyone practiced these **acts of kindness**?

Act (2 mins)

Kindness Minute

Tell the person next to you a joke to make them laugh.

Kindness in Action

Before our next class, ask someone at home who is the **kindest** person they know and why.



Emotions Check

NAME _____

Instructions

Directions: Think over today. Write at least three (or more) feelings you had, how you acted when you felt that way and whether you were you kind to yourself and others. You will share what you write with a partner.

Feeling	How did I act?	Was it a safe way to act? (Yes or No)	Was I kind to myself and others? (Yes or No)
When I woke up, I felt...			
When I got to school, I felt...			
At lunch, I felt...			
During recess, I felt...			
In the afternoon, I felt...			

