



LESSONS 3 & 4

How Can We Be Kind? Unit

Grade 2 • Ages 7-8

TIME FRAME

Preparation: 15 minutes

Instruction: two 30 minute sessions in class to multi-week activity

MATERIALS

Showing Kindness to Others Home Extension Activity, one for each student

5 to 10 coffee cans or containers, with lids, holes cut in the plastic top

Construction paper, cut to fit the containers

Other construction paper for fundraising signs

Tape, jar filled with pennies

Markers or paints

[Kindness Concept Poster](#) for Helpfulness and Compassion

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.2.1, 1a-c, 2, 3 Colorado: Reading, Writing and Communicating S.1, GLE.1, EO.b,c; Social Studies S.4, GLE.1, EO.a,c,d

[Learning standards key](#)

Pennies with a Purpose

Students will gain awareness of community members in need and build a sense of compassion and agency.

Lesson Background for Teachers

This lesson builds on previous lessons in this unit.

NOTE: The Pennies with a Purpose fundraising activity could be conducted for a week or two or even a month. If students can't think of organizations to donate to, be ready with some examples, such as the local food bank, the Humane Society, the homeless shelter, or their own school.

You may want to spend one class period making the can covers and posters and another hanging them around the school. If you'd like to extend the activity and math activity, have students use 4 jars, one each for pennies, nickels, dimes and quarters. You may want to change the lesson name to Change for Change

Key Terms for Students

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

GENEROSITY Giving time, money, food or kindness to others without expecting anything in return.

COMPASSION Being aware when others are sick, sad, or hurt and wanting to help.

HELPFULNESS Assisting or serving in a kind way.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Working in a small group to design the posters.
- Discussing and writing on the board "world changes" they would like to see.
- Researching more about different groups online, using websites such as: www.randomactsofkindness.org (Random Acts of Kindness Foundation), www.heifer.org (The Heifer Project), www.unicef.org (Unicef) or www.specialolympics.org (Special Olympics).

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.



Resources

If you need an idea for a credible charity, Forbes publishes the [top 50 charities list](#) each year.

Share (3 mins)

*Tell your neighbor what you gave away last week for your **Quiltmakers Gift** lesson or share a time when you made someone a gift and how that person reacted.*

Inspire

Our Community (15 mins)

*Last time we read the story of the Quiltmaker. How did she **help** others? One of the ways we can show kindness to others is to raise money and give it away to a cause or project in our community. When we give things away (including our time) without expecting anything in return, we are being **generous**. What are some places that our class can **help** in our community? By wanting to help those in need, we are showing **compassion** towards others.*

As a class, talk about people or groups in the local community that may be in need and write the students' ideas on the board. Make sure to be sensitive to students in your class that may be struggling financially .

Empower

Pennies with a Purpose (30 minutes in class, multi-week activity)

Have the students decide or vote on a place or places where they could donate money. Then write "Pennies with a Purpose Project" (Or Change for Change if you will be collecting all coins) on the board.

Like in the story, we are going to give something away to those in our community who may need it. We are going to create a "Pennies with a Purpose" project to raise money for our cause. How much is one penny worth? Can one penny make a difference? Hold up one penny and wait for a reply. What about a whole jar of pennies? Do you think that could make an even bigger difference?" Hold up a jar and wait for answers.

When we tried to get to the other side of the room using only our own newspapers, it took a long time. But just like in that game, if we work together respectfully and ask others in our school to help, we can make a difference much faster!

Hand each student a piece of construction paper. Explain that the students with the smaller pieces of paper will be designing covers for a collection container. Encourage the students to write "Pennies with a Purpose" on the can and write or draw a picture that explains to others what the class is raising money for. The students with the large pieces of construction paper will make signs saying "Pennies with a Purpose" to post around the school promoting the cause. Place the cans and posters around the school.

If you are doing the math extension activity, have the students predict how many pennies they think they are going to collect.

Additionally, you could arrange a field trip to the place or places where your class is going to donate the money or students may want to make cards to deliver along with the money.

Wrap Up (5 mins)

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

Evaluation Questions

- How many pennies did we collect?
- How are we showing generosity and compassion to our community?

Reflection Questions

- Do you think our donation will help others? In what way?
- Do you think kind actions can make a difference in our world? Why or why not? Give some examples of how they can make a difference.

Summary

We learned that together we can make a big difference. We also learned how it feels to give. It is kind to show compassion and generosity towards others.



Act (2 mins)

Kindness Minute

Giving to others is a great way to make ourselves feel good. Taking care of ourselves is also important. Your body needs lots of water to work its best. Think of one easy way to be helpful to someone in your family or a neighbor.

Kindness in Action

Complete the Home Extension Activity.

Write the return date on the sheet before you distribute it. You may want to distribute the sheet in Friday folders and have it returned on Monday.

Hand out the Home Extension Activity Sheet

We have been talking about how being kind can make a difference in our class and in our community and I want you to talk about these ideas with your parent, guardian or another adult who cares for you. Please put this in your folder and return by (date).

The day the students bring back their sheet, ask the following questions:

- What are some ways that you can be kind to those you live with?
- How do you think this will affect you?
- What ways did you talk about with your family that you can show kindness to people in our community?



NAME

PLEASE RETURN BY

Showing Kindness to Others Home Extension Activity

Background

As part of the Random Acts of Kindness program, we have been discussing that kind and unkind actions have implications and affect others.

Vocabulary Words

GENEROSITY Giving time, money, food or kindness to others without expecting anything in return.

COMPASSION Being aware when others are sick, sad, or hurt and wanting to help.

HELPFULNESS Assisting or serving others in a kind way.

Instructions

Discuss the vocabulary words above. Then ask your child what he or she learned about this idea. Then discuss the following questions and write (or have your child write) responses below or on the back and return to school by the date shown on the left.

What are some kind ways that we can act at home?

How do you think this will affect us?

How can we show kindness to people in our community?

