



LESSON

2

How Can We Be Kind? Unit

Grade 2 • Ages 7-8

TIME FRAME

Preparation: 10 minutes

Instruction: 30 minutes

MATERIALS

The Quiltmaker's Gift, by Jeff
Brumbeau (Scholastic Press: 2002)
If you do not have this book, you can
watch a reading online.

Small squares of paper or post-its

RAK journals

[Kindness Concept Posters:](#)
Compassion and Helpfulness

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,e,f; S.1, GLE.2, EO.a (i-iii),b,c

[Learning standards key](#)

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 Quiltmaker's Gift

Students will learn that giving can fill your heart.

Lesson Background for Teachers

This lesson builds on the previous lesson in this unit.

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:

- Having additional copies of the book to view in small groups or seeing the book on a document camera.
- Taking a "kinesthetic" break during the reading of the book; have [Kindness Tool Kits](#) for these breaks.
- Seeing answers written on the board.

Share (3 mins)

As a class, share the ways you were able to **help** others at home and work as a team.



Inspire

The Quiltmaker's Gift (10 mins)

Read the book *The Quiltmaker's Gift*. Show the students the pictures while reading or stream a reading from YouTube.



Empower

Discussion (10 mins)

After reading the book, ask the following questions (or write questions on the board and have students discuss in small groups or with a partner):

- How did the Quiltmaker show **generosity** and **compassion**? How was she **helpful** to the king?
- What did the king learn by giving everything away? (Answer: Not to be selfish and to care for others.)
- Do you ever feel like the king, that you want more things than you need? Why or why not?
- Have you ever given something away to someone who needed it more than you? How did that make you feel?

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

- What did the king want more than anything? Who did the quiltmaker **help**?
- What did the quiltmaker tell the king to do in order to receive a quilt?

Reflection Questions

- Why is it important for us to be **grateful**?
- What is the **kindest** thing someone has ever done for you?

Summary

Today we heard a story about a woman who made it her goal to give things away to those who needed them and a king who learned the joy of giving. The woman showed **compassion** and **generosity** to those around her; these are ways of showing kindness. Hearing stories or seeing people do kind things for others can make us feel good inside!

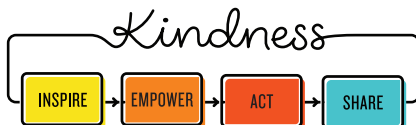
Act (2 mins)

Kindness Minute

Write a kind or encouraging phrase on a square of paper or post-it. Make a kindness quilt on the wall or door of the classroom!

Kindness in Action

Find something you have that you can give away to someone else who needs it or would love it.



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

