



LESSON 4

What Would You Do Unit Grade 4 • Ages 9-11

TIME FRAME

Preparation: 5 minutes
Instruction: 30 minutes to discuss;
multi-week project

MATERIALS

Kindness Club materials will depend on how they choose to show kindness in the community

Optional: "Ways to be Kind" sheet from Kindness Scenario lesson

Kindness Club Plan Sheet (pg. ?)

Kindness Journal for the class

RAK Journals

[Kindness Concept Posters](#) for Caring, Gratitude, Responsibility

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.4.1, 1b; CCSS.ELA-Literacy.L.4.1; CCSS.ELA-Literacy.W.4.2; CCSS.Math.Content.4.MD.B.4

Colorado: Comprehensive Health S.3, GLE.1, EO.e; Reading, Writing and Communicating S.1, GLE.1, EO.a; S.3, GLE.2, EO.a; Mathematics S.3, GLE.1, EO.a, IQ.1,2

[Learning standards key](#)

Random Acts of Kindness Club

Students will be introduced to the Kindness Club and will plan what the structure of the group will be moving forward.

Lesson Background for Teachers

This lesson builds on previous lessons in this unit. This lesson requires more dedicated time as students develop the group structure within this lesson, but will need additional support/guidance as they move forward with the club.

Key Terms for Students

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

CARING Feeling and showing concern for others.

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

RESPONSIBILITY Being reliable to do the things that are expected or required in your life, home, community and environment.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Discussing how they can work effectively as a group while they are planning activities, if they have challenges in this area.
- Thinking about how to include all learners in their Kindness Club so that it doesn't become exclusive of others. For example, partner a student who has some learning or behavioral challenges with someone who has strengths in that area.
- Thinking of ways to make the school more accessible to someone with disabilities; for example, if a person has limited sight or is in a wheelchair, they do a kindness club activity that increases access by trimming bushes away from the entrance ramp or making sure important information is available in braille.

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

Ideas for projects can be found on our website at:
<https://www.randomactsofkindness.org/kindness-ideas>

Share (3 mins)

Ask students to share their swamp board words of kindness from Toxic Swamp lesson with a small group. If students did not complete this Kindness in Action activity, encourage them to brainstorm a list of kind words or phrases that they can use when working with a team. Some of these words might express their **gratitude**, show appreciation or encouragement.

Inspire

Brainstorming Kindness Ideas (5 mins)

Before class, post the "Ways to Be Kind" sheet created during the Kindness Scenarios lesson.

During the Kindness Scenarios lesson we came up with some great ways to be kind. Sometimes that meant choosing to be kind to one other person, but other times the kids worked together to be kind. As a class, what are some things that we can do together to show kindness to others at school?

Have students brainstorm kindness ideas and beliefs and write them on the board. You may want students to first discuss in a small group before sharing with the class.

Students may need some prompting to come up with specific ideas. Ideas might include: cleaning up the trash on the playground, welcoming a new student, thanking the principal for all his/her work (showing **gratitude**), putting up posters encouraging kindness, etc. Beliefs might include: not bullying, playing fair on the playground, sharing with others during recess, etc.

Empower

Kindness Club (15 mins)

Tell the students that as a class they are going to start a Random Acts of Kindness Club. Other 4th grade classes may want to be part of the club too. This club is to encourage more random acts of kindness in our community and is not a substitute for the kindness we have a responsibility to show others everyday.

Explain that each week the students, as a class, will decide which act of kindness they will do around the school. Have the students determine the process. Will they vote on the activity? Take turns? Students could also vote on the kindness ideas they want to do in their school, which will help them learn the importance of having a voice in the process.

Determine as a class how many weeks the club will do activities. A month? A semester?

As a class, fill in the "Kindness Club Plan" activity sheet.

You can have students keep track of the kindness activities in a journal. Students can take turns writing in the journal. Another option would be to have the students respond to the different kindness activities in their own RAK journals.

After the club has finished their activities, have students celebrate all the activities they did around the school with a kindness party!

Optional Extension Activities

Math Extension Activity: As a math extension, students could ask people what they think about a particular kindness activity. Have students chart the data on a graph to see which activity people liked the best or had the most impact.

Writing Prompt Extension: After completing the Kindness Club activities, have students write what part of the activity impacted them the most.

Planting a Seed Extension Activity: As part of the kindness club, students could plant a flower or vegetable garden either in their classroom or somewhere on the school campus, if the administration approves this idea.

Have students determine what they want to plant and how they are going to care for their plants. Here are some ideas for how to get started and what to plant when: <http://www.kidsgardening.org/garden-activities/>

Parents could also be part of this activity, if you would like to encourage the home/school connection.

For this activity, have students:

- Determine what they want to plant, when they should plant, and a plant care schedule.
- Use evidence to develop a scientific explanation of what plants need to survive and determine a plan for how they are going to care for the plants.
- Use evidence to develop a scientific explanation for similarities and/or differences among different plants.
- One option would be to vary the amount of water and sunlight the plants receive and keep track of their rates of growth. Then have students analyze and interpret how the plants are growing.

After students complete this project, you could have the students write up a report describing how they cared for their garden, the rate of growth for the plants, etc., if they have learned how to do that.

Students might benefit from:

- Researching different aspects of how to plant the garden using the website above and presenting information to the class.
- Working on this project individually. Here is an idea for planting a baggie garden: <http://faq.gardenweb.com/discussions/2766560/the-baggie-method>

Wrap Up (5 mins)

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

Evaluation Questions

- As a class, what are some things that we can do together to show kindness to others at school?
- What activities do you think had the most impact?
- What activities were the most rewarding and the most challenging?



Reflection Questions

- Did people thank you or show gratitude for what you were doing?
- How did it make you feel to be part of the Kindness Club?
- How can a small club like this make a bigger difference in the school, community and beyond?

Summary

It's exciting being part of a club that wants to do kind things for others. Let's see how our Kindness Club can help spread kindness throughout our school and community! Remember, that it is everyone's responsibility to show kindness to others.



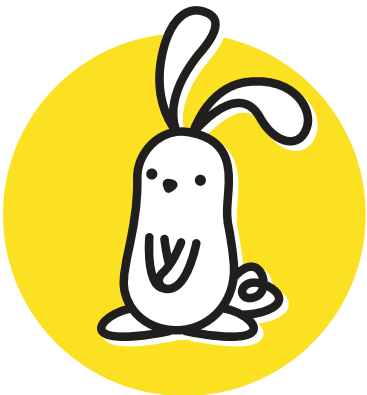
Act (2 mins)

Kindness Minute

It's important that we not only do kind acts for others, but also to treat ourselves with kindness. Close your eyes and imagine one kind thing you are going to do for yourself today. Make sure you take time today to do this kind act for yourself!

Kindness in Action

Directions: Share with someone at home what the Kindness Club is and ask if they have any suggestions for other ways the club can spread kindness throughout the school.



Kindness Club Plan

CLUB NAME

What do we want our club to do?

CLUB LOGO IDEAS

When will we meet?

Who do we need help from?

What jobs need to be done? Who will do them?

