



LESSON

2

Caring for Others Unit Kindergarten • Ages 4-6

TIME FRAME

Preparation: 10 minutes
Instruction: 20 minutes

MATERIALS

Pictures of Kindness Treasure Hunt Sheet, one for each student. NOTE: There are three different templates, so distribute them equally among the students.

Pictures of Kindness Treasure Hunt template, one copy enlarged for teacher and cut apart before class. Hide pictures in the room before class.

[Kindness Concept Posters](#): Caring, Helpfulness, Respect

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.K.1a-b, 2, 3 Colorado: Comprehensive Health S.3, GLE.1, EO.a; Reading, Writing and Communicating S.1, GLE.1, EO.c,f,h,i,j; S.1, GLE.2, EO.a,c,d,e

[Learning standards key](#)

Kindness Bingo

Students will become familiar with different ways to be kind to ourselves, others, the environment and our community.

Lesson Background for Teachers

This lesson builds on [previous lessons in this unit](#). Kindness can be expressed in many forms. This lesson focuses on self, others, community and environment.

Key Terms for Students

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

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

SELF-CARE Treating yourself with kind words, thoughts and actions.

OTHERS Friends, family, animals and even people we don't know.

COMMUNITY People who all live in the same place or go to the same place, like school or people in your town or city.

ENVIRONMENT Everything around us including our classroom, our homes, plants and nature.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Hearing calm music during the game. When music stops (or you stop the music), have them take a one minute brain break. Then start the music again.
- Discussing in teams how to search for kindness images in the classroom before starting the game.
- Creating their own Bingo template and finding or drawing images of kindness.

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)

*Can anyone share something they did for their Kindness in Action from the Kindness Song lesson? Alternatively, can anyone share something **kind** you can do for someone else?*

Inspire

Kindness Pictures (5 mins)

*Today we are going to search for different ways to be **kind**. Hand one Bingo sheet to each student; there are three templates. Make sure to distribute them evenly.*

*We are going to play a game. On this sheet are pictures of **kindness** or ways we can show care for others. Point to each picture one at a time and ask the students what these pictures show. Some pictures show the same thing!*

- Helping someone with their work
- Sharing
- Showing love
- Teaching someone something
- Taking care of the **environment**.

Empower (15 mins)

Kindness Bingo (10 mins)

*I have hidden the same pictures of **kindness** around the room. Once you find the picture that is on the sheet, cross it out with an "X". The first person (or team) to get three in a row should say Bingo!*

If you want to make the game more cooperative, have the students work in teams to find the pictures. If necessary, assign roles to students or tell different groups to search in different sections of the room.

You can also have the students continue until the Bingo card is filled. Another option is to give rewards for the Bingo.

Once the game is over you can hang the images in the room as a reminder of ways to be kind.

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 Question

- Think of one of the photos I shared. Who was it showing **kindness** to? (Each photo can have multiple answers.)

Reflection Question

- What is one way that you can show **respect** and **kindness** this week?

Summary

*Today, we saw some pictures of people being **kind to themselves, others, the community and the environment**.*



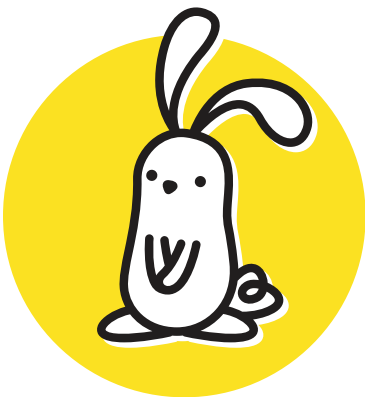
Act (2 mins)

Kindness Minute

Give yourself a big hug and say, "Thanks for being me!"

Kindness in Action

Do one **kind** thing for someone at home today.



Pictures of Kindness Bingo

Directions: Can you find these pictures of kindness in the room? Put an X over the box on this sheet when you find the picture. When you get three in a row, say Bingo!



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