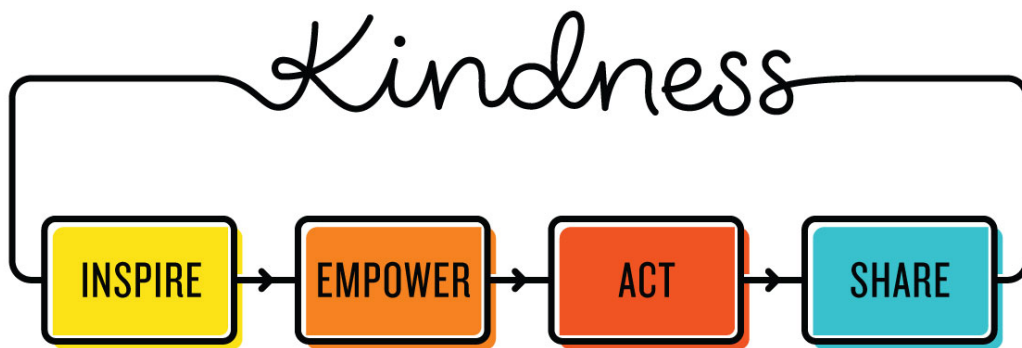


INTRODUCTION

Listed below are project ideas that build understanding of RAK's 12 Kindness Concepts. Each project is designed around a stated objective and RAK's Kindness Paradigm, which focuses on inspiring and empowering students with kindness skills that prompt them to act kindly toward others and share kindness.

Some suggestions for implementing the projects:

- These ideas are meant to inspire teachers to create their own project and do not describe the project in detail. Use the Project Planning sheet on p. 9 to develop a project that fits the needs of the class.
- Consider printing out and hanging the appropriate Kindness Concept poster in the room and discussing the concept before beginning the project.



ASSERTIVENESS

Let's Be Kind! Campaign (See Grade 2 It Takes One lesson for more information about this project.)

Objective: Students will be able to discuss ways to stand up for themselves and what they believe in without upsetting others.

Inspire: Ask what it means to be assertive (definition is standing up for yourself and what you believe in without upsetting others). Then, have students discuss situations when it is important to be assertive (when someone is being unkind to or bullying others, when a person can't speak up for themselves, etc.)

Empower: Brainstorm ways students can deal with bullying or unkindness at school. For example, they could:

- Make posters that promote being kind and being a friend rather than a bully, including a few ways to respond to a bully and also ways to show kindness.
- Create a song about being kind to others and how to handle bullying.
- Make a video about being kind and suggest ways to deal with a bully.

Act: Have students create the poster, song or video.

Share: Once they are done, have students share what they made with the school, and what it was like to create and share the project.





CARING

1. Caring Book

Objective: Students will be able to identify ways to show caring to someone in their lives and create a book that shows caring.

Inspire: Discuss ways to show caring to siblings, parents, students, grandparents, guardians, etc. Write the students' responses on the board.

Empower: Explain that they will be creating a caring book for one person. Have students pick one person who their book is about. In this book, the students will write things such as what that person likes to do, a favorite food, song, etc. Have them also write sentences about how they can care about the person they love, by paying attention to the things they like. Have them draw pictures on the pages. Put the pages together into a book.

Act: When they finish the book, have them give the book they have made to the person they care about.

Share: The next class, have students discuss what it was like to give the caring book to another person.

2. Stone Soup

Objective: Students will be able to identify what it means to be caring through reading the book Stone Soup and making the soup to eat together as a class.

Inspire: Ask students what caring means to them. Read the book Stone Soup as a class and ask questions about the book like: What happens when we share what we have? How is sharing a way to show caring toward others?

Empower: Have students each bring in an ingredient for stone soup. Students could also make a fruit salad or something that is easier to mix together.

Act: Make the soup (or fruit salad) together as a class, noting how each child's ingredient combines with other ingredients and together these ingredients make something that wasn't there before.

Share: Have students eat the soup (or salad) and talk about how it feels to share what we have with each other as a way to show caring.

COMPASSION

1. Mufaro's Beautiful Daughters Read Aloud

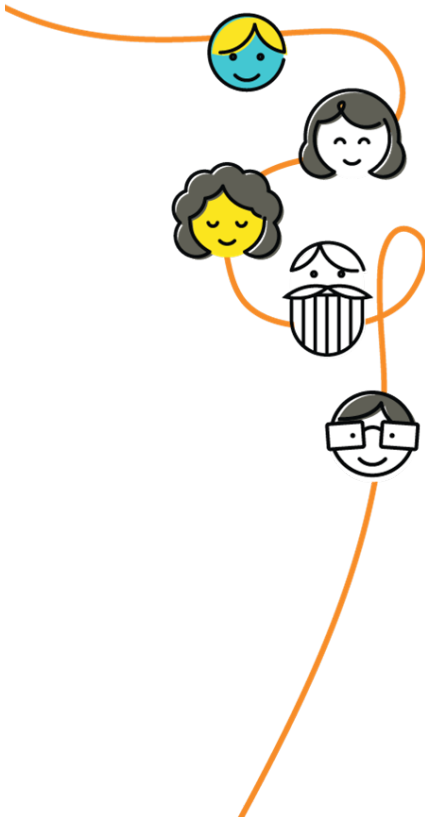
Objective: Students will be able to discover what it means to show compassion through reading the book, Mufaro's Beautiful Daughters.

Inspire: Write the names Mufaro, Nyasha and Manyara on the board. Then say: "We are going to read an African folktale from Zimbabwe about a king who wants to marry the most worthy and beautiful woman in the land. Mufaro is a man with two beautiful daughters, Nyasha and Manyara, who both want to be queen. As I read, listen for how each daughter talks and acts and how that impacts what happens."

Empower: Read the book to the students and asks questions like:

- 1) What was your favorite part of the story? Why?
- 2) How does Manyara act toward Nyasha? (She is unkind, teases her sister, says kindness is a weakness.)
- 3) As Manyara goes to see the king, what does she say to the boy? The old woman? The trees? (She tells the boy and old woman to get out of her way and laughs at the trees.)
- 4) How does Nyasha show kindness to the boy? The woman? The trees? (She gives them food and tells them she is sorry they are hungry. The tree branches seem to bow down to Nyasha.)





5) In this story, Nyasha shows compassion. What does that mean?

6) When have you showed compassion? How did it make you feel? How do you feel when people treat you unkindly?

Act: Ask students how they can show compassion to others during the week and commit to doing that action.

Share: Next class, ask students to share what they did to show compassion and how that felt.

2. Teddy Bear Drive (or clothing, hats, gloves, coats, etc.)

Objective: Students will be able to identify what it means to show compassion by collecting teddy bears and donating the bears to a children's shelter.

Inspire: Ask students to list all of the things they have that they like.

Students might say things like their family, their toys, their friends, their clothes, etc

Empower: Have students think about those who don't have people who care for them or things they need. Brainstorm ways they can help those people. If students can't think of ideas, suggest collecting teddy bears, clothes, hats, gloves, etc. for a children's shelter or a homeless shelter.

Act: Have students figure out the details of a Teddy Bear or clothing drive. This might be done with students from other classes or during RAK Week to increase involvement. Set a time frame for the drive.

Share: When all of the items have been collected, have the students bring the items to the shelter.

FAIRNESS

Peace Table (See Grade 1 Learning to Solve Problems for more information about this project.)

Objective: Students will be able to identify how to talk about problems in fair and kind ways and use those techniques to solve conflicts.

Inspire: Before class, draw two columns on the board. Write Kind Ways on the top of one column and Unkind Ways at the top of another column. Then, ask students to mention ways to talk to each other when they are upset or having a conflict with someone and whether that is kind or unkind. Have them decide which column the actions should be written in and write their suggestion in the correct column. (If students can't think of anything, suggest ways such as: listening without interrupting, using kind words, speaking calmly, asking an adult if necessary.)

Empower: Have students role play some of the ways written on the board. After each role play, ask the students how they would feel if someone acted in the kind or unkind way shown in the role play.

Act: Create a peace place or table in the classroom. Then have students create posters with the suggested ways to solve conflicts as it happens.

Share: Encourage students to use the peace place as conflicts arise during the year.



GRATITUDE

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



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GRATITUDE

Gratitude Card Day

Objective: Students will be able to discover what it means to be grateful and express their gratitude to someone else through a card.

Inspire: Ask students what it means to be grateful; write responses on the board.

Empower: Ask students to think about who they are grateful for and why they are grateful for that person. It can be a friend, a classmate, someone in their family, or another person.

Act: Have students create a card for the person they are grateful or thankful for. Students can write and draw why they are thankful for that person and decorate the card.

Share: After they have distributed the card, have the students describe how it felt to show gratitude.

HELPFULNESS

Helping Others

Objective: Students will be able to identify ways they can be helpful at home or school and practice those ways.

Inspire: Ask students to think about ways they can be helpful at home or at school. This might include setting the table, helping a brother or sister get ready for school, helping a new classmate feel comfortable at school, taking turns choosing a game at recess, etc.

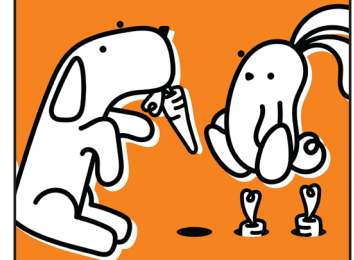
Empower: Have students commit to being helpful during the week.

Act: During the week, check in to see how they are being helpful.

Share: Have students talk in class what it felt like to be helpful to others.

HELPFULNESS

Assisting or serving
in a kind way.



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INTEGRITY

Acting in a way you know to be
right and kind in all situations.



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INTEGRITY

Integrity Posters

Objective: Students will be able to discover what it means to show integrity and create posters that describe ways to show integrity at school.

Inspire: Ask students what integrity means (being honest and doing the right thing when no one is looking). Then, have them share ways they can show integrity at school or at home (doing their homework, telling the truth, picking up trash on the playground, doing their best in class, playing fair and following rules, doing their own work, etc.) Write their suggestions on the board.

Empower: Divide students into groups of two or three or have students work independently. Hand out markers, crayons or colored pencils, 11 x 17 paper (or whatever size you want to use) and any other materials to decorate a poster.

Have students work together or independently to design a poster that shows integrity. Students may want to write or draw one scene or more than one scene. Once they are done creating their poster, have them share their poster with the class.

Act: Have students hang the posters in the classroom or in the school. Then, have students commit to acting with integrity in the ways shown on the poster and to encourage others to do the same.

Share: Have students talk in class about what it felt like to show integrity.

PERSEVERANCE

Perseverance Banner

Objective: Students will be able to discover what it means to show perseverance and create a classroom banner to record how they kept trying.

Inspire: Ask students what perseverance means (keep trying when something is hard). Have students share when something was hard for them and they kept trying.

Empower: Post a large banner on the wall with Perseverance written in large letters across the top. Consider posting the RAK Perseverance poster on the wall next to the banner. At a designated time each week, have students write or draw on the poster a situation when they kept trying and share with the class what they did.

Act: Encourage students to try when something is hard and to draw or write what they did on the banner.

Share: After a certain amount of time (or as the situations are posted) review what the students have written or drawn, and ask people how it felt to keep trying in that situation.



RESPECT

1. Respecting Others

Objective: Students will be able to discover what it means to be respectful and think about other's needs.

Inspire: Explain what it means to be respectful, referring to the Respect poster.

Empower: Read statements or situations and have students decide with a Thumbs Up/Thumbs Down response whether the person is showing respect.



Examples:

- You act like others are just as important as you are.
- You tell your classmate that his or her answer is dumb.
- You interrupt to ask a question when someone is busy.
- You ask a new classmate to play with you at recess.

Then ask students to describe how to be respectful in different situations, such as:

- Your friend has been sick and has to stay in bed, and is bored at home.
- You see a younger student on the playground being bothered by someone else.
- You are having a birthday party and can only invite a few friends.
- A new classmate doesn't understand the class rules.

Act: Encourage students to act in respectful ways during the week.

Share: Ask students to share what it felt like to show respect during the week.

2. Respecting Diversity (could be done in conjunction with MLK Day)

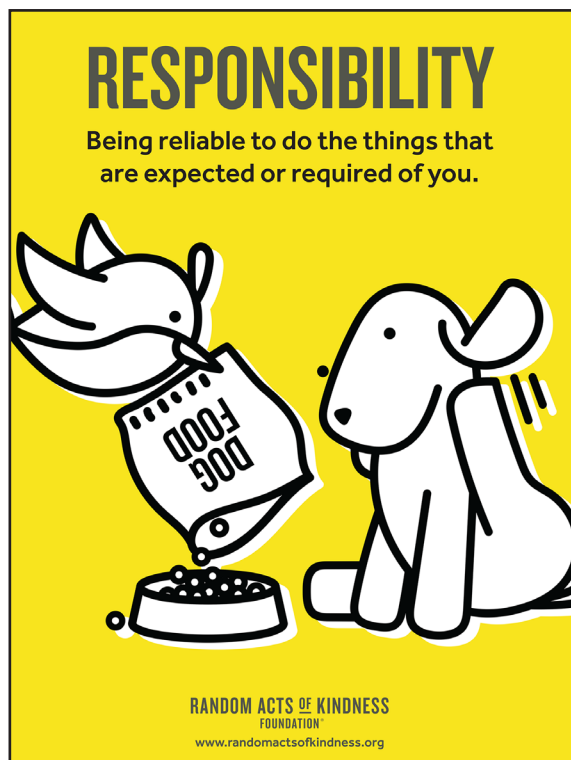
Objective: Students will be able to discover what it means to show respect for each person's gifts and heritage.

Inspire: Ask students to turn to a partner and share with that partner what makes them unique, either something they are good at or something that is important to them from their cultural heritage.

Empower: Have students draw a picture of themselves doing the thing they are good at or that is important to them about their cultural heritage.

Act: Have students share the pictures with the class and discuss how to show respect to those from different backgrounds.

Share: Challenge students to show respect for others during the week.



RESPONSIBILITY

Displaying Responsibility

Objective: Students will be able to discover what it means to be responsible.

Inspire: Before class, cut out pictures or make a Powerpoint with images of students being responsible at school or at home (doing their homework, helping with chores, following the rules at school, etc.) Show these pictures to students and ask them to describe what is happening in the picture.

Empower: Have students act out their own examples of being responsible while the rest of the students guess what they are doing. Take pictures of the students as they do their action and print out the photos.

Act: Hand out the photos to the students and have the students create a display with the photos for a banner that can be posted in the school to encourage others to be responsible. Or they can glue their photos to a construction paper heart and decorate the classroom with those hearts.

Share: Challenge students to be responsible during the week and then discuss what it felt like to be responsible.

SELF-CARE

Self-Care (and Caring) Game

Objective: Students will be able to discover ways to care for themselves and others through a game.

Inspire: Ask students what it means to be caring to themselves and others (Self-Care: Learning how to take care of yourself. Using nice words when you think or talk about yourself; Caring: Feeling and showing concern for others).

Empower: Then have students give examples of how they can be caring to themselves and others.

Act: Have the children gather in a large circle and throw a ball to another person in the circle. When they throw the ball, have them say something caring to the other person (i.e. "I care about you because..." or "You are a caring person because...") That person then throws the ball to another person and says something caring. Make sure everyone has a turn (both hears and says something caring). For the second round, explain they need to say something caring about themselves and allow time for everyone to have a turn (i.e. "I am a caring person because...") Ask students what was easier, saying something caring about themselves or someone else.

Share: Encourage students to be caring to themselves and others during the week.



SELF-DISCIPLINE

Pizza Activity

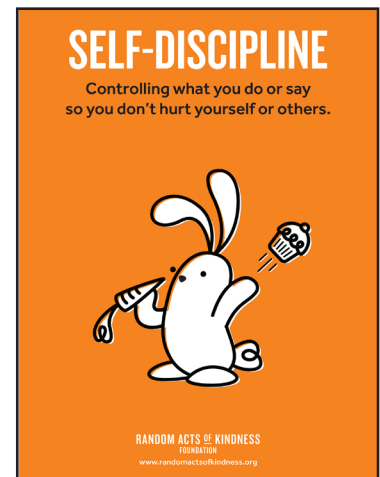
Objective: Students will be able to discover ways to show self-discipline through a fun activity.

Inspire: Ask students to define self-discipline (Controlling what you do or say so you don't hurt yourself or others.)

Empower: Then have students give examples of they can show self-discipline.

Act: Hand each student a cardboard or construction paper "pizza" divided into sections. When they do what they are asked or in some other way show self discipline, they get a signature from a teacher or parent helper on one section of the pizza. Encourage students to notice when others are showing self discipline.

Share: When all kids in the class have completed their pizzas, throw a pizza party to celebrate their accomplishment.



ALL KINDNESS CONCEPTS

1. Kindness Lighthouse

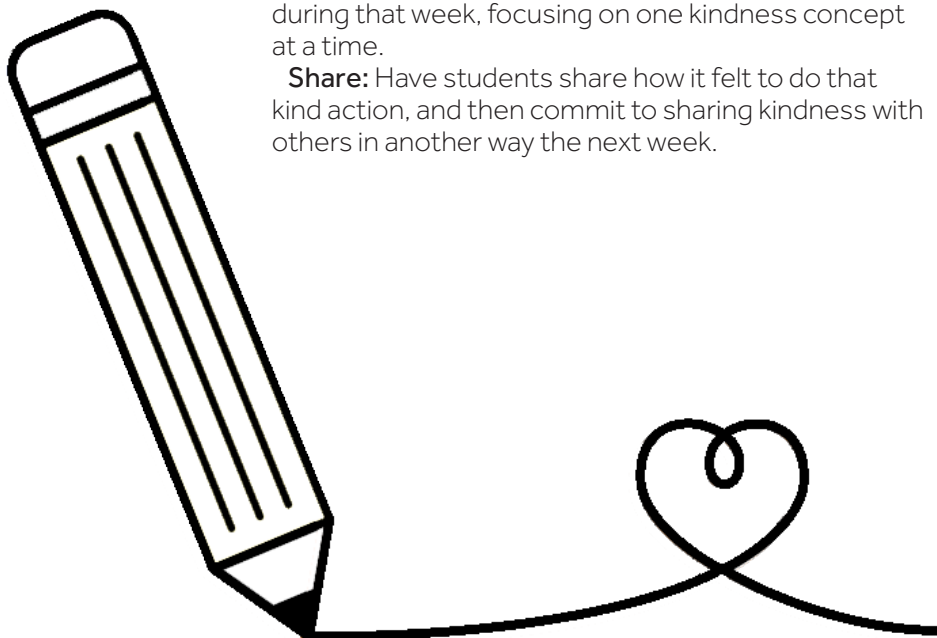
Objective: Students will be able to identify the 12 Kindness Concepts and describe ways to share kindness.

Inspire: Create a lighthouse with Kindness Concepts angled out as light beams (e.g. caring, assertiveness, respect, integrity, responsibility). Review each concept with the students.

Empower: Discuss ways to shine a light through actions that show caring, compassion, helpfulness, assertiveness, responsibility, etc.

Act: Have students commit to doing one kind act during that week, focusing on one kindness concept at a time.

Share: Have students share how it felt to do that kind action, and then commit to sharing kindness with others in another way the next week.



2. Kindness Tree

Objective: Students will be able to identify the 12 Kindness Concepts and describe ways to share kindness with others.

Inspire: Create a big tree on your board (or on a bulletin board if you want it to stay visible for a longer period of time) and explain that as a class they will be learning about how to show kindness.

Empower: Each week attach a leaf to the tree that describes a different way to be kind: respect, helpfulness, gratitude, etc. Discuss the new kindness leaf at group time, and have children give examples of how to show that Kindness Concept to others.

Act: Have students commit to doing one thing during the week that shows that Kindness Concept.

Share: Have students share how it felt to do that kind action, and then commit to sharing kindness with others in another way the next week, once they learn about that Kindness Concept.

3. Kindness Alphabet Book (See Grade 2 How Can I Be Kind? lesson for more info about this project.)

Objective: Students will be able to identify and practice ways to be kind to themselves and others.

Inspire: Discuss ways to show caring to others and write the students' responses on the board.

Empower: Have the students create an alphabetical list of easy ways to show kindness to others. For instance:

A: I pet a friendly Animal.

B: I Brought my laundry to the washroom.

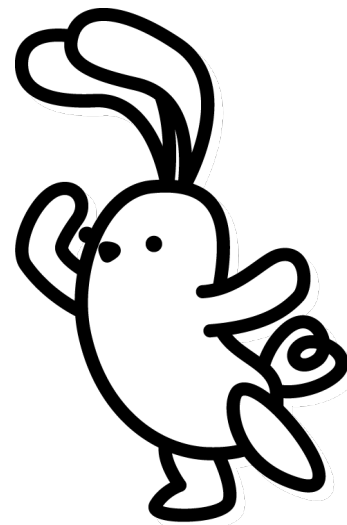
C: I helped a woman Carry her bags.

X: I gave someone in my family an extra hug.

Then students will create a Kindness Alphabet Book, which can be designed in one of two ways: 1. Assign each student a letter (or let them choose) and have them write or draw an activity associated with that letter (using the class list if necessary), so there are 26 pages for a class kindness alphabet book. OR 2. Over a number of weeks, students each make their own illustrated kindness book, with drawings and words showing kindness activities from A - Z. After they finish their book, they can share a page with the class and explain why kindness matters or how their kindness activity made them feel.

Act: Students decide which activities they are going to try at home or at school (i.e., cleaning up the playground, cleaning up their desks, organizing the ball bins for recess, etc.)

Share: Students discuss what it was like to do that caring action during the week.



4. Big Book of Kindness

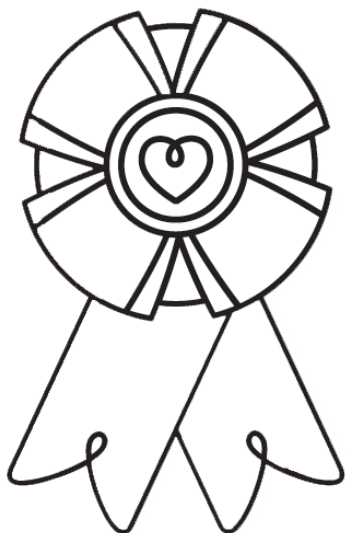
Objective: Students will be able to reflect on what they have learned about kindness through the different project ideas listed above.

Inspire: Have students review what they have learned about kindness during the weeks or months the class has been discussing the Kindness Concepts.

Empower: Have students draw or write what they learned about kindness from each activity.

Act: Create a Big Book of Kindness that students can add a page to after each activity.

Share: Once a week, provide time for students to share their page from the Big Book of Kindness.



5. Random Acts of Kindness Week Activities (all school activity)

Objective: Students will be able to discover what it means to be kind through Random Acts of Kindness Week activities.

Inspire: Before RAK Week in February, have students talk about how they can show and share kindness at school and in their community. Figure out ways that K-2 students can work with students in grades 3-5 to develop the list of activities and determine each grade's role in those activities. Activities could include: trash pick-up, visit to a local senior home, homeless shelter, children's hospital to share Valentines or sing, raising money for an animal shelter, etc.

Empower: Have the school's student council or RAK Club sponsor an activity each day during RAK Week and announce the events each morning over the intercom.

Act: Do the activities that are suggested for the day or week.

Share: Reflect on what it was like to work together as a school to spread kindness.

PROJECT PLANNING SHEET

PROJECT TITLE: _____

DATE TO FINISH PROJECT: _____

PROJECT GOAL: _____

MATERIALS NEEDED:

1 _____

2 _____

3 _____

4 _____

5 _____

PROJECT STEPS:

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____