

# A Kind Note

## Lesson Timeframe

20-25 mins

## Materials

- ❑ Index Cards (or paper)
- ❑ Basic Art Supplies
- ❑ Caring Poster (optional)



## Share

Discuss the connection between KINDNESS AND CARING. Define caring: CARING IS FEELING AND SHOWING CONCERN FOR OTHERS. (Show the Caring poster if desired.) As a group, identify kind behaviors that help us care for others. How do you help your family? Your friends? Your teachers? New students in your class? Aim for 2-3 volunteers to answer for each group (family, friends, etc).



## Inspire

When we choose kindness, we automatically wind up caring for others in our lives. We show we care when we choose kind words and actions, even when we feel frustrated or angry. Kindness is contagious. When we receive kind words, we feel good about ourselves. We are then more likely to share kind words with others as well. Think back to a time when you received a kind note or card. How did you feel when you read/looked at it?

Explain that today we will be creating a kind note for someone at home. It feels just as good to give a kind word as it does to receive!



## Empower

Each participant will write and/or draw a kind note on an index card for someone in their home. This can be a sibling, parent, or other trusted adult. They will then choose where in their house they want to leave the note so their chosen person can find it “accidentally”. After all the kind notes have been completed, discuss some options for good locations within the home. Emphasize common areas such as on the refrigerator, instead of private spaces such as a bedroom.

- Where could you leave your note?
- Why would you want to choose a main room versus a personal space (such as the bedroom)?



## Reflect

When we care for others, we choose kind words to lift them up and encourage them. Some words make us feel down or sad, while others make us happy and uplifted. Remember, your words have power! Choose kind ones.

- What words did you include in your note?
- How would you feel if you received an unexpected kind note?
- What can you do if your disrespectful words or actions hurt someone’s feelings?

