

# Kindness Chains

KINDNESS BEYOND THE CLASSROOM™  
KINDNESS BOOST • OPTION 1 • INCLUSIVENESS

## Lesson Timeframe

25-30 mins

## Materials

- ❑ Strip of paper for each participant.
- ❑ Pencils, pens, etc.
- ❑ Tape or glue stick to build paper chains
- ❑ Inclusiveness poster (optional)



## Share

Discuss the connection between KINDNESS and INCLUSIVENESS. Define inclusiveness: INCLUSIVENESS IS INCLUDING OTHERS, INVITING THEM IN, AND WELCOMING THEM WITH OPEN ARMS. (Show the Inclusiveness poster if desired.) As a group, identify kind behaviors that help us include others. How do you include new people when they join us? How do you include others that you may not play with on a regular basis?

Aim for 2-3 volunteers to answer each question.



## Inspire

When we choose kindness, we automatically wind up including others! We include others when we choose kind words and actions. Kindness is contagious. When we receive kind words, we feel good about ourselves. We are then more likely to share kind words with others. Think back to a time when you really felt included, even though you were new. Our goal in this program is for everyone to feel that way each time they come in!

Explain that today we will be creating kindness chains to share kindness each day during our time together.



## Empower

Provide a strip of paper for each participant. They will write one kind and encouraging sentence that answers the following question: **How can we be kind to others to increase inclusiveness of our program?** (Example: We invite a new student to sit by us during snack time.)

- Program workers can act as a scribe for students that are not able to write their answers independently.

Link all of the chains up and hang them in the room if possible. Rip off several each day and read them aloud to inspire the group to be kind and inclusive in a variety of ways.



## Reflect

When we include others, we choose kind words and actions to welcome them with open arms.

- What kind words/phrases did you include in your kindness chain?
- How do you feel when new people choose kind words and actions to help you feel welcome?
- What can you do if your disrespectful words or actions leave someone feeling left out?

