

Kindness Breaks

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

Lesson Timeframe

25-30 mins

Materials

- ❑ Construction Paper
- ❑ Basic Art Supplies
- ❑ Index cards (optional)
- ❑ Integrity poster (optional)



Share

Discuss the connection between KINDNESS, INTEGRITY, and PERSEVERANCE. Define integrity: INTEGRITY IS ACTING IN A WAY THAT YOU KNOW TO BE RIGHT AND KIND IN ALL SITUATIONS. (Show the Integrity poster if desired.) We can practice kindness and integrity every time we work to persevere and achieve a goal.

As a group, brainstorm ways to show kindness when working together as a team to complete a project.

- What kind actions might you use when working with others?

Ask for volunteers; aim for 2-3 people from varying age groups.



Inspire

Explain that during our time here we have numerous opportunities to use kind words and actions as a group. We work together when we play board games, when we go outside to play, and when we do art projects or crafts. All of these times allow us opportunities to be kind as we use perseverance to finish our tasks. It can be tempting to take over and become bossy or even rude during our time together, especially when you are playing with others that might be younger or new to our program. Let's work together to keep kindness at the forefront of everything we do!



Empower

Today we will work on creating kindness break cards we can use throughout the day and/or week. At varying times throughout our day, we will stop and complete a Kindness Break. An adult (or teen worker) will choose one of the cards and read it aloud. We will all then do whatever the card says, even if it is silly or outrageous. Remember, our goal is to show integrity so make sure you are honest and actually do the activity even if you don't want to.

- Divide the students up into groups of 2-3 (with at least one person that is capable of writing). Each small group will create one card of their own that provides a kind activity for the entire group to complete. (Example: Give a high five to someone, pick up one piece of trash, etc.)
- If desired, brainstorm possible kindness breaks to help generate ideas before students get started.



Reflect

Kindness breaks can be very helpful when you feel like your attitude might be unkind or negative.

Guide a discussion on KINDNESS within our program.

- What types of kind actions can we show each other during our time here?
- How can we use kind words even when we disagree?
- What can we do when others choose to be unkind?

