

Catch The Kindness

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

Lesson Timeframe

20-25 mins

Materials

- Ball with the following pics taped or drawn on it:
 - Smiley Face
 - An Eye
 - Two Children
- Courage poster (optional)



Share

Define courage: COURAGE IS BEING BRAVE WHEN FACING NEW OR DIFFICULT CIRCUMSTANCES. (Show the Courage poster if desired.) Discuss the connection between KINDNESS and COURAGE. We may think of strength and bravery when we hear the word courage. However, one of the most courageous things we can do is be kind to others, regardless of how they treat us. As a group, brainstorm ways to show kindness to others when they are choosing to exclude you from a game. Aim for 2-3 answers from varying ages.



Inspire

Kindness may not feel like an act of courage, but to truly be kind in ALL situations can be very difficult at times! Even when others choose mean words or unkind actions, we have a choice: to choose to be kind! Our words and our actions have power. What we choose to say and do tells others a lot about us. Do we use mean words and rough actions? Or are we known for choosing kind words and gentle actions? It takes courage to choose kindness. Today we will practice using kind words for others in our group.



Empower

To practice using courage through kindness, the class will play a game called “Catch the Kindness”. Show the class the beach ball you have prepared. Explain that each section of the beach ball has a simple phrase or picture on it. Read each phrase aloud:

- Smiley Face: I like you because...
- An Eye: I saw you being kind when you...
- Two Children: I am glad you are here because...

Starting with the teacher, each person will toss the ball to another student in the class. When you catch the ball, the section your right thumb is touching is the section you must answer about the person that threw you the ball. Example: “Jasmine, one fun time we had together was when we played in the sand box!” Demonstrate how to play by having a volunteer throw the ball to the teacher. Continue until every person has received words of kindness!



Reflect

Guide a discussion around KINDNESS.

- How does it feel to share kind words with others in our group?
- How did it feel to receive words of kindness from others today?
- How does it take courage to be kind to others?

