

# Kindness is Cool

KINDNESS BEYOND THE CLASSROOM™  
SMALL GROUP • OPTION 2 • COURAGE

## Lesson Timeframe

20-25 mins

## Materials

- ❑ 2 large pieces of paper
- ❑ Markers
- ❑ Courage poster (optional)



## Share

Define courage: COURAGE IS BEING BRAVE WHEN FACING NEW OR DIFFICULT CIRCUMSTANCES. (Show the Courage poster if desired.) It takes courage to face fears or try something new, However, it also takes courage to be kind in our words and actions. As a group, brainstorm what courageous kindness looks like to you.

Aim for 2-3 answers from varying ages.



## Inspire

Sometimes we are in situations when we don't feel like being kind. Maybe someone is being mean to us or excluding us. Maybe a teacher or parent has asked us to do something we don't really enjoy doing. We would rather walk away or make excuses on why we can't do it. When we do this, we are not using courage to face the situation. Let's make a list of ways we can use our courage to respond with kindness even when we don't necessarily feel like it. When you step out with kindness, your whole attitude changes!



## Empower

Divide your group into two groups based on age (PK-2 and 3-6). Both groups need an adult or teen worker to lead.

- In the younger group, brainstorm ways to show kindness to other children, including students in our program, siblings, and peers in school.
- In the older group, brainstorm ways to show kindness to adults, even when you do not want to do what they are asking or when you do not agree with what they are saying. This includes teachers, parents, other family members, and community members you may encounter.
- Once both groups are done, join back together and share 3-5 ideas with the whole group.



## Reflect

Guide a discussion on COURAGE and KINDNESS.

- What is courage?
- How does it take courage to be kind?
- What can we do when others use unkind words towards us? How can we respond with kindness?

