

Human Chain

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

Lesson Timeframe

15-20 mins

Materials

- ☐ 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 stand up for what you believe in. It also takes courage to use kindness, even when others aren't treating us with kindness. As a group, brainstorm some situations that might require courage to be kind.

- In what situations might it be more difficult for you to be kind?
- How can you use your courage to respond with kindness, even if you receive anger or hatred?

Aim for 2-3 responses from varying ages.



Inspire

Sometimes it can be very difficult to treat others with kindness. Even if others are mean, you can choose to show courage through kindness. You may be surprised to see just how quickly others change when you shower them with kindness! Here are some ways we can show kindness to others:

- **Kind actions:** This includes your body language. Are your arms down by your side, showing openness and kindness, or are they crossed and closed off? Is your face scrunched up with a scowl on it, or are you trying to show kindness as they talk?
- **Kind words:** This includes the words you choose to say AFTER you have received mean and unkind words. Do you fire back with equally hurtful words, or do you choose kind words?

You can be brave and use courage to focus your words and actions on kindness in any situation.



Empower

Explain that today we will play a group game called "Human Chain". Each person in our group will think about one thing about themselves. This can be a special talent you have, a sport or other activity you like to do, something special about your family or culture, etc. Today we will work together to form a human chain showing just how much we actually have in common when we use courage to share about ourselves.

- Have an adult in the group stand up and announce their one special thing, activity, etc.
- If any person sitting down shares this talent, also enjoys the activity, etc, they will stand up and link arms with the person standing. Once one person has linked up with the speaker, they will then announce their special talent, activity, etc. **ONLY ONE PERSON MAY LINK UP DURING EACH TURN.** Encourage children to choose categories that are broad enough for others to connect with.
- Continue until your entire group has formed one giant human chain! If you have problems with cliques or people choosing not to link up with a speaker, set a timer for 5 seconds during each turn.



Reflect

Guide a discussion about COURAGE with peers.

- Why might you not want to share something personal about yourself in a large group of people?
- What can you do to show courage even when you would rather be silent?

