

Kindness- Part 1

This month we are focusing on Kindness. Although this is technically a sub-concept of Courage, we chose to dedicate an entire month on it given our current needs as a community. The activities below will allow you to infuse your classroom daily if desired. All of these activities are specifically designed to work in a distance learning environment.

Mini Lessons

Whole Class Lesson

30 minutes

START
HERE

Kindness in the Round

To practice using courage through kindness, the class will play a game called “Catch the Kindness”. Using popsicle sticks (or some other random name picker) call out a student’s name. They then choose a number between 1-3.

- #1= I like you because...
- #2= I saw you being kind when you...
- #3= I am glad you are here because...

Starting with the teacher, each person will be called randomly. When you are called, the number you choose is the section you must answer about the person that came before you. Example: “Jasmine, one fun time we had together was when we played in the sand box!” Demonstrate how to play by having a volunteer call on the teacher.

For Small Groups

15 minutes



Kindness Leveled Up

Brainstorm ways to show kindness to adults in your life, 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. Share one kind way you deal with this in your home life. Listen to others- maybe they have ideas you didn’t think about!

For Partners

15 minutes



Kindness in Action

Partner up and discuss the most kind action you have experienced. What was the kindest thing someone did for you? How did you feel afterwards? Did it change your attitude? Did it motivate you to be kind to others? Remember- kindness is courageous! Share your experience with the rest of the class if there is time.

For Individuals

15 minutes



Random Acts of Kindness

Look around your neighborhood. How can you infuse a little kindness while still social distancing? Think about simple ideas- chalk messages, hearts on mailboxes, Uplifting notes on doorsteps. The sky’s the limit and we could all use some unexpected kindness these days! If desired, share your RAK and how it made you feel with the rest of the class

Technology-Focused

15 minutes



Being Kind Online

Do you text, email, or play live online games? If so, how do your words and actions demonstrate kindness? Rate yourself on a scale of 1-10 in each situation. 1 being completely mean and 10 being exceptionally kind. Next, pick one area to increase your kindness level.