

Random Acts of Kindness has brought more meaning into my life, and I am committed to help spread the word.

— Carol, State Parent Facilitator, HI

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These Lesson Plans are a culmination of school-wide activities and classroom activities, ranging from grades K-12.

## Lesson Plan

### Winter Holiday Attitude Adjustment

Submitted by Ann; Shelby Township, MI

**Grade Level:** 6 - 12

**Content Area:** English

**Time Frame:**

One classroom period, 45-55 minutes, preferably the last day before the winter holiday.

**Objectives:**

1. Increase student awareness of the power and impact words can have on others.
2. Increase student compassion and empathy for fellow students.
3. Develop the student's ability to communicate sincerely to a real audience in carefully composed and complete sentences.

**Materials:**

1. One business letter envelope for each student. Write the student's name on the front of the envelope and decorate it with colorful motivational stickers.
2. Slips of paper cut to approximately one by eight inches. Each student will need one slip of this paper for every other student in the class.

**Activities:**

#### **1. Preliminary Discussion Suggestions**

- a. Explain how the world needs to be a "kinder, gentler place."
- b. Mention what good manners are. Perhaps mention, "It's better to say nothing if you can't say something kind about another individual."
- c. Express the belief in the basic goodness of man.

- d. Explain how “put-downs” have become a part of teen culture. Television, movies, and music currently encourage such “put downs.” Ask the students for examples from what they’ve seen and heard.
- e. Give some examples of “put-downs” heard in the halls and as student enter the classroom. Example: “Nice shirt! Did you get it at Goodwill?”
- f. Explain how these behaviors do not support the spirit of the season, “Peace on Earth and Goodwill toward men.”
- g. Recognize that teenagers are often embarrassed or shy about voicing kindness or compliments to others. That is understandable. Ask student how they feel when someone says something kind to them or pays them a compliment.
- h. Explain to students that today will be different, and their cooperation is expected.

## **2. Directions**

- a. Explain to students that they must write a kind sentence or write a compliment to every student in the classroom.
- b. Caution students that negative or sarcastic comments are not allowed. Remind them they would not like to receive such messages.
- c. The writing must meet these criteria. Write these on the board.
  1. Address the writing by writing the name of the student on one side of slip.
  2. Write the kind words or compliment on the other side.
  3. You must sign all of the slips.
- d. Give students some suggested sentence starters.
  1. “I have always thought that...”
  2. “I have been impressed by...”
  3. “You can always be counted on to...”
  4. “I like...”
  5. “You are...”
- e. Distribute slips and caution students about the time they have to complete the assignment.
- f. Arrange the envelopes on a table, and tell students they must get the slips into each students’ envelope at least 5 minutes before the end of the period.
- g. Circulate and help students who are having difficulty
- h. Distribute the envelopes to the students, giving them some time to read their messages before the end of the hour.
- i. Advise students to keep their envelopes and read them when they need to lift their own spirits.

### **3. Evaluation and Proof of Success**

- a. The unbelievable quiet and soft smiles of students as they have read their messages have been powerful proof of the success, of this lesson.
- b. Many students have taken time to thank me personally for this lesson.
- c. Students have admitted they really feel good as they've left my classroom.