

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

do

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

Lesson Plan

Words Will Break Your Heart

Submitted by Patricia; Ladysmith, WI

Grade Level: 2nd-4th

Time Frame: 30 minutes

Subject Matter: The impact of mean words.

Materials Needed:

- A piece of tagboard
- A sheet of paper (8.5 x 11) for each child. (For younger children, hearts could already be drawn on the paper.)

Expected Outcome:

Students treat each other with more kindness and respect.

Procedure:

This is a great activity to do at the beginning of the school year to set a standard for the kids' respect for each other. This lesson was a result of frequent complaints by kids' who were constantly being called names and being made fun of by their peers. Often, while this victimized child would complain, others would be snickering in the background "sticks and stones may break your bones, but words will never hurt you." Ask the students if this is true. They will all agree that words are very hurtful. Have them think to themselves of situations where words have hurt them. This leads into the lesson.

Pass out one sheet of paper to each student. Have the students cut out a heart and write his/her name on it. Go around the class and have the students think of one negative or hurtful thing another person has said to them. As each student says the negative thing, make the students crumple up a little piece of their paper heart. After everyone, including the teacher, has said one negative comment he/she has heard, the paper hearts will be completely crumpled up.

Then, go around the class again, except this time, have the students share a positive comment they've heard about himself/herself. After hearing each positive comment, gradually uncrumple the hearts and try to smooth them out. After everyone has given a positive comment, try to smooth the hearts out as much as possible. You will see that they'll never be completely smooth again. Discuss how mean words leave scars in our hearts, just as they do with the wrinkles on the paper.

Next, glue the paper hearts on a piece of tagboard. On the tagboard, write "Sticks and Stones May Break Our Bones, but Words Will Break Our Hearts." Hang it up in the front of the classroom as a constant reminder of the importance of being kind to each other.

The following pages are song lyrics and sheet music for "Kindness is Contagious" by SuEllen Fried and Gary Adams. This was a separate submission, but fits perfectly with this lesson plan!

Kindness Is Contagious

words: SuEllen Fried
music: SuEllen Fried
Gary Adams

Voice

Sticks and stones can break your bones but

Piano

The first system of music consists of a voice line on a single staff and a piano accompaniment on two staves. The voice line begins with a whole rest, followed by a half note G4, a quarter note A4, a quarter note B4, a quarter note C5, a quarter note B4, a quarter note A4, and a quarter note G4. The piano accompaniment features a treble clef with a key signature of one flat and a common time signature. The right hand plays a series of chords, while the left hand plays a simple bass line.

4

words can break your heart. If you lis - ten to these words then you can play a part. To

4

The second system of music continues the voice line and piano accompaniment. The voice line has a measure rest for four measures, then continues with a quarter note G4, a quarter note A4, a quarter note B4, a quarter note C5, a quarter note B4, a quarter note A4, and a quarter note G4. The piano accompaniment continues with similar chordal and bass line patterns.

7

make this world a bet - ter place each and ev - 'ry day. You can be a spec - ial friend by

7

The third system of music concludes the voice line and piano accompaniment. The voice line has a measure rest for seven measures, then continues with a quarter note G4, a quarter note A4, a quarter note B4, a quarter note C5, a quarter note B4, a quarter note A4, and a quarter note G4. The piano accompaniment continues with similar chordal and bass line patterns.

10

watch-ing what-you say. Kind-ness is con-tag-ious! Catch it now! Catch it now!

10

10

Detailed description: This system contains the first three measures of the song. The vocal line starts with a treble clef and a key signature of one flat. The lyrics are: "watch-ing what-you say. Kind-ness is con-tag-ious! Catch it now! Catch it now!". The piano accompaniment consists of two staves: a right-hand staff with a treble clef and a left-hand staff with a bass clef. The piano part features a steady eighth-note accompaniment in the left hand and chords in the right hand.

13

Kind-ness is con-tag-ious! Do you know how? Do you know how? To your fath-er, to your moth-er,

13

13

Detailed description: This system contains measures 4 through 6. The vocal line continues with the lyrics: "Kind-ness is con-tag-ious! Do you know how? Do you know how? To your fath-er, to your moth-er,". The piano accompaniment continues with the same rhythmic pattern as the first system.

16

To your-self and one an-oth-er kind-ness is con-tag-ious! Catch it now!

16

16

Detailed description: This system contains measures 7 through 9. The vocal line concludes with the lyrics: "To your-self and one an-oth-er kind-ness is con-tag-ious! Catch it now!". The piano accompaniment continues with the same rhythmic pattern as the first system.

*SuEllen Fried is with Bullies & Victims. She has written two books:
"Bullies & Victims - Helping Your Child Through The Schoolyard Battlfield."
"Bullies, Targets & Witnesses - Helping Children Break the Pain Chain."*