

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

### CAUGHT!

Submitted by Amy; Plymouth, NC

#### SCOPE OF ACTIVITY:

Class-centered but can be modified to a whole school or community.

#### GRADE LEVEL:

Written for 2nd to 5th grade, adaptable to any grade level.

#### OBJECTIVE:

Students will be able to identify, evaluate, and acknowledge acts of kindness.

#### MATERIALS:

Magazine pictures or photographs depicting acts of kindness, chart paper, construction paper or art board, scissors, glue, markers.

#### OTHER PREPARATION:

Select a block of time (30-60 minutes per week works well) for your Kindness Patrol to accept complaints and interview "victims" and "witnesses." If you choose the photograph option, you may want to stage some acts of kindness and have photos developed in advance.

#### PROCEDURE:

1. Brainstorm a class list of acts of kindness. Students may need some help specifying acts of kindness beyond "being nice," so use examples from your class or from books. Record students' responses on chart paper and post for easy reference.
2. Have students collect magazine pictures depicting acts of kindness, or use photos you have prepared.

3. Provide materials for students to create “Wanted” posters (see example).
4. Place completed posters in approved areas.
5. During the time allotted, encourage students and staff to report random acts of kindness to your students. You may have to recruit some to get started. Use the resulting interviews as a basis for discussion in your classroom, for adding to your class list, for creating new posters (possibly with photos of those caught being kind), and for recognizing the guilty parties. Have your class decide how to reward participants, keeping in mind the value of more intrinsic rewards, such as thank you notes, certificates, hand shakes and high fives.

**EXPECTED OUTCOME:**

The number and frequency of random acts of kindness will increase as student awareness does. The number of participants will increase by at least 50% (above the number of students in your class to begin with) within the first month of implementation.

**LOCAL CHARACTER EDUCATION DIRECTIVE:**

Correlates with and supports the “I Care” program currently in place in our school.

**EVALUATION/ COMMENTS:**

Evaluate by keeping anecdotal records, by informal observation, and by the growth of the kindness chart and numbers of participants. This activity also lends itself to Language Arts (writing) and Math (graphing) integration.