

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

February Friendship Bugs

Submitted by Kathleen; Lacey, WA

Grade Level: First

Scope of Activity: Classroom

Time Frame:

Introductory Lesson: 30 minutes

Follow-up lessons: 20 minutes

Lesson Duration: Entire month.

Objective:

To encourage and support daily acts of kindness by the students and teacher.

Materials Needed:

- Scissors
- Handout of attached sheets for each child.

Procedure:

1. Create a web with your students of behaviors that promotes kindness and strengthens friendships. (*sample below*)
2. Introduce the *My Bear Hug Bug* (*see sample below*) to the children. Choose five behaviors from the class web to be the Kindness Tasks that you will be focusing on during the week. Each week five new Kindness Tasks can be emphasized.
3. Have the children cut out their friendship bug and tape it to their desk. Each day, a new Kindness Task will be chosen. The students and teacher who complete this activity may color in the corresponding number heart on their bug.
4. At the end of each day, discuss the various ways that the Kindness Task was accomplished, how it made them feel, and how it made the other person feel. Guide the discussion to stress the intrinsic rewards of being kind.

Helping my dad
sweep the garage.

Taking my neighbor's
dog for a walk

Acts of
Kindness

Letting
my sister
go in my
tree
house

Telling my friend
that I like her

Giving my baby
brother a hug

