

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

Intentional Acts of Kindness “Gloves-for-Suds” Project

Submitted by Beth; Denver, CO

Type of Activity:

This is an All School and Community based project whereby students and community create an action plan that offers continual ideas and implementation for reciprocal acts of kindness.

Grade Level:

Kindergarten-5th Grade (5th Graders can take on more responsibility)

Objective:

1. The school and a local business will partner to meet a need identified in the school community. They will work together to raise funds so that the identified need will be met.
2. The students will create, administer, and tally questionnaires on the effectiveness of the project.

Materials Needed:

Pens, paper, questionnaires, construction paper, crayons, and magic, markers

Procedures:

1. The School Community identifies a need. Needs are situational and vary greatly depending upon many factors. This need can be as simple as having one box of Kleenex per child to start the school year, or further, to having each child outfitted with a computer.
2. Students and Educators write a persuasive piece inviting a company or corporation to develop a challenge/competition to help with the existing need.

3. After the Collaboration is complete, the students create a series of questionnaires to interview all participants in the activity. (See Sample questions below).
4. Students administer the questionnaires and tally the results.
5. Students report to the school community the results of the questionnaires.
6. Students and community will continue to generate new ideas and projects to enhance kindness activities within the school and community. These types of relationships will foster reciprocal acts of kindness that will cause a contagion effect throughout our community and beyond!

Expected Outcomes:

- * The School will have an identified need and/or needs met.
- * The Local Business will create stronger connections with the community in which it is located.
- * All participants will increase their awareness and belief in the power of the individual to create an ongoing atmosphere of Kindness. This activity has as its goal the belief that "A small act of kindness on your part can reach out to many people and can inspire an entire community to pass it on."

State/Local Character Education Directives:

This project was inspired by the "Character Pillar of Care and Compassion", which is in alignment with the following standards:

Writing Goals:

- * Students will read and write for a variety of purposes.
- * Students develop ideas that create a vivid impression, make a clear point, or tell a whole story. Student's will state the purpose of a letter or communication

Grammar Goals:

- * Express feelings, observations, experiences, and opinions

Evaluation/Comments:

Background Documentation:

The activity was a joint venture with the school and a local business. The idea was to have a local business provided monetary funds or donate hats/mittens for school children whose needs weren't being met in other ways. Students received hats and mittens and teaching assistants received gift certificates for their dedication and assistance in helping the students.

The local business decided to hold a raffle. Employees were divided into groups and designed gift baskets. These gift baskets were raffled off and the money was donated to the school. The company matched and doubled the money provided! With the generosity of discounted and donated mittens from a winter clothing company the students were able to receive their gifts of hats and mittens.

The students wanted to 'give back' to the community that supported them. The plan is to provide a Spring CAR WASH for all employees who participated in the hat/mitten drive. In

addition, the company's employees will be volunteering their lunch by assisting students with one-on-one in reading, writing, and math lessons. This simple idea spread into a wonderful caring community project that still exists today. The relationship between the school, community, and corporations demonstrate that intentional acts of kindness can be contagious!

Sample Questions for any participants: (The questions are an evaluative measure to see if the goals of the program were met.)

1. In what ways did this kindness project affect you personally?
2. In what way has this project inspired you to plant your own seed of kindness?

Sample Questions for students:

1. Did the donation of hats and mittens help you?
2. How did you feel when you received your hat and mittens?
3. Did you need them?
4. Have you worn them often?
5. Did you like them?
6. So what did your parents think or say when you brought home a new pair of mittens and a new hat?
7. Which of the following activities have you done or will you do for this project? (for example: made thank you cards, made a banner, gave flowers, will do a car wash)
8. What did you like best about this project?
9. Have you been kind to others as a result of this project?

Sample Questions for Employees of Sponsoring Corporation:

1. What department do you work in?
2. What did you do to participate in this project?
3. Why did you decide to donate money and have a hat and mitten drive?
4. Why are you so generous?
5. Did you have to participate or did your boss make you?
6. How did this project affect you and/or what has been the best part of this project?
7. How did you feel when you donated the money?

Sample Questions for families:

1. Did it help to not spend money on hat and mittens for your child/children?
2. Were you surprised when your children came home with hat and mittens?
3. How do you think your children felt when they got the hat and mittens?
4. Do you think your children will take care of their hat and mittens?

Benefits to the school:

1. Established a tutoring program with a local business to achieve student academic progress.
2. Students received a gift of hats and mittens and learned that their community members care about them.
3. Teaching assists received gift certificates in honor of their hard work.

Benefits to Corporation:

1. An opportunity to give to a neighboring school.
2. An opportunity to volunteer their time to benefit the lives of students in their community.
3. Received an Awards Assembly recognizing their efforts. They were given a breakfast by the School staff In addition, they received several thank you cards, letters, banners, emails, from all of the Students.

Afterthoughts:

This project would not have made it to complete fruition without the support and guidance of the following people:

**Principal:* For her innovative ideas, leadership, and trust in supporting the idea

**Company Vice President-Sales & Accounting:* For her enthusiasm and her insights in helping the project from start to finish.

**Winter Clothing Company:* For her generous contributions that allowed students to have high quality mittens!

Lesson Plan Summary; Development of an Idea

The seeds for our kindness project/plan were planted on a frigid December morning, 2001 on the playground of the school. Just as the anticipation of an idea began to develop, so did the foundation of an intentional act of kindness by community business, near and far. I teach at this school and wear many different hats in the course of a day, just as most teachers do. Sometimes, though, we teachers, with our busy schedules forget to pay attention to the simplest of needs; hunger, warmth, kindness, generosity.

This day, however, I paid very close attention. I noticed that very few students were wearing hats or mittens. It saddened me deeply. I've always been taught to change the action or the image, and thought, 'What could I do or what resources do I have available to me to change this situation? We could set a goal to ensure that each and every student (k-5th grade: enrollment: 350) have one pair of mittens and one hat. If someone in the community could provide the necessary financial contribution, then we would provide an intentional act of kindness by offering a free car wash: students would provide the necessary energy contribution. I decided to take action by writing a letter of request to local businesses to see what they could do.

Sample information letter to staff:

To: All Staff

From:

Re: ASSEMBLY TO DISTRIBUTE HAT/MITTENS FOR ALL GRADES!!!!!!

THERE WILL BE A SHORT ASSEMBLY ON FRIDAY, FEBRUARY 1, 2001 AT 8:55 AM IN THE GYM (BEFORE STUDENTS GO TO CLASS). THE PURPOSE IS TO THANK THE COMPANY FOR THEIR GENEROUS DONATIONS AND TO DISTRIBUTE HATS/MITTENS TO ALL STUDENTS.

(We have them to thank for their monetary donations they made for the hat and mittens and for the gift certificates.)

PLEASE MAKE SURE, IF YOU HAVEN'T ALREADY DONE SO TO MAKE THANK YOU CARDS TO HAVE THESE READY TO GIVE TO THE COMPANY. **TWO REPRESENTATIVES WILL BE ASKED TO PRESENT THESE CARDS, LETTERS, BANNERS, ETC. TO THE CONTACT FROM THE CORP. AT THE ASSEMBLY. DURING THE ASSEMBLY, TEACHERS WILL BE GIVEN BAGS WITH THE HATS & MITTENS FOR THEIR CLASS.**

ALSO, SOMEONE IS MAKING A THANK YOU CARD FOR PEOPLE TO SIGN. IN ADDITION, WE WILL DECORATE THE LOUNGE AND IF PEOPLE WOULD LIKE TO SIGN UP TO BRING SOME FOOD FOR THE CORPORATION'S REPRESENTATIVES.

PLAN FOR THAT FRIDAY MORNING:

8:30- 8:55 MEET CORP'S STAFF IN STAFF LOUNGE: ALL STAFF INVITED

8:55- 9:10 MEET STUDENTS IN GYM FOR SHORT PRESENTATION AND DISTRIBUTION OF HATS/MITTENS PER GRADE LEVEL.

(sample worksheet questionnaire for students below)

SURVERY FOR THE GLOVES AND SUDS KINDNESS PROJECT

INTERVIEWER (FROM [redacted])

INTERVIEWEE (FROM [redacted])

1. Why did you decide to donate money and have a hat and mitten drive?

Because it was chrismas and they wanted to do something nice. And they didnt want us to be cold.

2. Why are you so generous?

Shes so generas because it makes her happy. you get back to the world what you give. ^{could}

3. Did you want to be kind by choice or did someone force you?

It was by choice she wanted to!

4. How did this project affect you?

It has made her happy because she likes kids.

5. How did you feel when you donated the money?

Really good because I really knew it was going to your school.

6. How were you able to collect all of the money?

people bought tickets to win gift baskets

7. Has your company done this before? Yes No I don't know

8. If you answered yes to question #7, how long have you been donating money or stuff? a long time.

9. Were you excited to do this for our school?

yes extremely.

10. Why did you choose [redacted] Elementary School?

Because it close to there office.

11. Did you always want to do something kind for a school? yes

12. Did this activity want to make you do more kind things for other people?

yes

"Gloves for Suds" Kindness Project Date:

Person Giving Interview:

Room #/Grade 5th/201

Person Being Interviewed:

Room #/Grade 1st/2nd/207

1. Were you given a free pair of mittens (or gloves) and a hat in January?

Yes No

How did this donation help you? Kept me warm

2. Did you need the hats and mittens?

Yeh, because my mom didn't have money to buy

3. How did you feel when you received these things? me any
happy because I finally had hats and mittens

4. Have you worn them often? yes What other places than school do you wear them?

at the mountains

5. How did this kind act of kindness affect you?

it made her kind because they have mittens

6. Did you want to do something nice for someone else? Yes No If so, what did you do?

she let her cousin borrow her gloves

7. What did your family say when you brought the hats and mittens home?

where did you get them

8. Were you and your family surprised when you got them?

yeah because they knew I didn't have gloves or mittens

9. Did you like them or not?

yes because I'm not cold when I walk to school

10. What else would you like to say about this kindness project?

that they gave her mittens and gloves.