

LESSON PLAN

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

Kindness Counts!

Submitted by Kim - Gaffney, South Carolina

Objective:

Students will be able to demonstrate an understanding of an act of kindness in a variety of settings.

Grade Level:

Elementary

Scope:

Class Activity

Materials Used:

Book: *Kindness: Do the Right Thing* by Diane Muldrow
Different colored index cards
Five poster boards
Red heart-shaped pillow

Procedure:

The teacher will read the book *Kindness: Do the Right Thing* by Diane Muldrow. Define the word "kindness" and ask the students how the boys/girls in the book show kindness.

Then use three (or more) examples of positive messages to demonstrate kindness.

"I like helping, caring, giving and sharing!"

"I show friends I care by being there."

"Kindness is contagious; Pass It On!"

Ask the students to recite these together and explain the meanings.

The Random Acts of
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Pass around a heart-shaped pillow. Start off by having the teacher or one student give a kind compliment about someone else in the room and then pass the heart to a different student. The students are encouraged to pass the heart around until everyone receives a compliment.

In separate parts of the classroom, put five poster board signs:

1. Home
2. Bus
3. School
4. Store
5. Classroom

On the colored index cards, write one of the five places on them and pass them out to the students. The students should go to the part of the classroom that matches their card (i.e. if you draw a “store” card, you go to the “store” area).

Ask each group to brainstorm three ways that they can show kindness at each different place and write down the ideas on a piece of paper. Then have the class come back together and share their ideas.

Give each student a heart-shaped candy to represent kindness and a challenge to pass kindness on!

**Practice Random Acts
of Kindness™**