

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

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

## Lesson Plan

### Kindness Counts Book

Submitted by Karen; Waterville, MN

**Grade Level:** Elementary

**Purpose:** Children create a kindness book. Optional - Deliver the book to be enjoyed by the elderly (nursing home residents), linking them with ideas and drawings of local children.

**Materials Needed:**

- White construction paper
- Crayons, colored pencils, markers and/or paints
- Laminating materials
- Spiral Bookbinding

**Suggested Booklist:** (choose one of the following)

The Little Match Girl, By H.C. Anderson

The Lion and the Mouse, from Aesop's Fables

Skateboard Scramble, by Barbara Douglas

Charlie and the Chocolate Factory, by Roald Dolch

**Preparation:**

1. In advance, create Kindness Counts thought starter pages. Use the construction paper, and make photocopies with the following sentences on the paper for the kids to complete: (one sentence per page) printed at the bottom, so the kids can illustrate their completed sentence with the rest of the page's open space.

- a. My friends like it when \_\_\_\_\_
- b. I show others I care when \_\_\_\_\_
- c. Friends can be counted on to \_\_\_\_\_
- d. I am kind when I \_\_\_\_\_
- e. Caring shows when I \_\_\_\_\_
- f. The best way to show my family that I care is when I \_\_\_\_\_
- g. The most important kindness I've received is \_\_\_\_\_
- h. Kindness means \_\_\_\_\_
- i. Love is all around me, especially \_\_\_\_\_

## **Procedure:**

1. Read a story from one of the books recommended above about kindness and discuss kindness as it applies in each student's life.
2. Allow each student to select one of the Kindness Counts pages that you prepared to illustrate and tell their story. Someone also needs to design a cover.
3. Collect completed sheets, laminating each, assembling them into a book format and finishing with a spiral binding.
4. Deliver the book to a local nursing home for residents to enjoy.