

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

Teaching Kindness across the Curriculum Kindness for a Day, a Week, a Month, a Year, Forever

Submitted by Kathy; Cherokee, AL

Type of Activity:

Students define, and read about kindness. Then, the students choose an individual, dead or alive, famous or not, and they write about them and present it to the class.

Grade Level: 7-12

Scope: Class Activity spread over 5 days.

Materials:

- * A Chicken Soup for the Soul Book or something similar.
- * The short story, *Thank You, M'am*, *The Gift*, or *The Gift of the Magi*.

Procedure:

First Day: 15-20 minutes

Introduction: Brainstorming for Ideas

Objectives:

- To define kindness
- To make generalizations

Introduce the topic. Write the word *kindness* on the overhead projector or on the board. Ask students to write for 10 minutes about kindness. After 10 minutes of nonstop writing, ask for volunteers to read their ideas of *kindness*. As different students share their ideas of kindness, write descriptions of kindness on the overhead projector or on the board. Students should copy kindness diagram in their notebooks for future reference.

Second Day: 10-15 minutes

Opener: Drawing Conclusions and Quickwrite

Objectives:

- To evaluate role of kindness
- To recognize kindness as a character trait
- To identify random acts of kindness

Select anyone of the many stories about kindness from one of the Chicken Soup for the Soul books. Read the story to the class, and afterwards have students write any new and/or different ideas about kindness in their notebooks along with the previous ideas about kindness and the kindness diagram.

Third Day: 15-20+ minutes

Active Reading: The Human Spirit/Kindness

Objectives:

- To evaluate using critical thinking
- To express ideas verbally and non-verbally
- To discuss the emotional appeal of kindness

Have students take turns reading aloud or have students read silently the short story, Thank You, M'am, The Gift, or The Gift of the Magi. Tell students to identify the random act of kindness in the story and to tell why kindness is often unexpected. Allow a few extra minutes for volunteers to share their discoveries with the class. (Teacher may select to read one of the above stories or to select another story and to read it to the class.)

Fourth Day: 15-20 minutes

Connecting: Crossing the Curriculum: Art, Music, History

Objectives:

- To draw conclusions based on prior knowledge
- To make choices from evaluating and reasoning
- To identify kindness through positive deeds
- To use notes and ideas as an extension of learning

Using the information from the previous analysis of kindness, students should select a person, living or dead, who has showed and/or promoted kindness in his or her lifetime to write about and to report on to the class. Students should tell how kindness has made a difference in the lives of others through the person's random acts of kindness. Students will continue writing kindness reports for homework. Reports will vary in length according to the students' selections.

Fifth Day: 45-60 minutes (Time depends upon size of class.)

Critical Thinking: Making Choices/Making Speeches

Objectives:

- To organize, write, and present ideas orally
- To identify examples of kindness
- To define kindness
- To apply kindness to daily lives
- To recognize the importance of kindness

Students will draw numbers as they enter the classroom to determine order of presentations. Students should be given 2-3 minutes to present reports on people who have shown exceptional kindness. After all presentations have been given, ask students to write what kindness means to them. Take student definitions and type on large index cards and display cards around the room or on a kindness bulletin board.

Other Relevant Information for Teaching Kindness:

This lesson plan can be extended or shortened depending upon the Teacher's time frame. I have had tremendous success while using it during my character education time at the beginning of class. However, I have also implemented it during Random Acts of Kindness Week in which I have added an addition activity for which the students go to the computer lab and type their reports. They edit and revise final copies, and I then take them and copy and bind them together in a collection of kindness stories. The students then take orders for the booklets and the money raised goes to one of the students. Random Acts of Kindness Projects.

Stretching across the curriculum, I have expanded the project to include student artwork, accounts of "historical pioneers" of kindness, and "hometown heroes" who have done random acts of kindness.

The idea is easily adapted to various lengths of time, grade levels, and subject areas. I have also used the lesson plan with a fellow teacher and done some team teaching. Monetary prizes may also be added as an additional random act of kindness for the top three reports. Local businesses are usually enthusiastic contributors. A special assemble program may be set in order for the winners to share their kindness reports with the student body and to receive their prizes. This special program could be set during Kindness Week as a tribute to those who do random acts of kindness as well as a means of promoting kindness in school and in the community .The results are always the same in which students learn the meaning of kindness and the importance of being kind. Materials are basic, and the only additional time required is that of selecting stories to read or to have students read. The project not only promotes random acts of kindness, but it also rewards random acts of kindness. It reinforces the idea that "kindness costs nothing."