

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

### Changing the World, One Month at a Time

Submitted by Mary; Burrel, CA

**Grade Level:** 3<sup>rd</sup>-8<sup>th</sup> Grade

**Time Frame:** One topic per month for the school year.

## AUGUST

*Getting to Know You!*

### Get Ready

**Objective:** Hand out as many "good thought messages" as possible. Messages from students to students makes everyone feel good. It's great to start out the year on a positive note.

**Materials:** Index Cards (enough for the number of students you want to reach out to.) Pens, crayons, markers stickers.

**Time:** Depends on grade level but usually not more than 30 minutes, at the longest.

**Subject Matter:** Language Arts; sentence structure, spelling skills, writing skills

### Get Set

**Instructions:** (For instructions I will use 100 as the base) If you have 20 students in your class, each will then receive 5 index cards. On the plain side the students are to decorate the cards. On the lined side, they are to write a positive, fun, sweet message to an unknown person. One or two sentences is plenty. All sentences should be corrected by the teacher, then copied over in ink, marker or crayon. Some students will finish faster, and they may make more cards. After the cards are done they should be seen by everyone. If you are doing a large number, you may have to do this procedure 2 or three times to acquire the total needed. Once the cards are done, decide how to disperse the cards. Here are a few suggestions:

- Class roll sheets from neighboring schools
- Students may just hand them out at recess
- Bundle them in class sets and send to each class in your school

**GO!**

**Outcome/results :**

Everyone feels good! Someone gets unexpected mail from someone they don't know!

## SEPTEMBER

*Serve a friend an Apple*

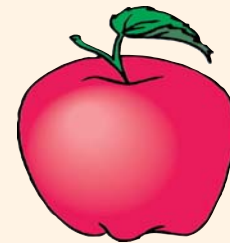
**Get Ready**

**Objective:** Pick a local business that you would like to treat to a morning or afternoon snack. It can even be the cooks at school, or the office team on your site.

**Materials:** Apples, peanut butter, apple dip, carmel dip, paper plates, small disposable bowls (for the dip), knives and clear plastic wrap.

**Time:** Approximately 30 minutes

**Subject Matter:** Math; fractions  
 Health; fruit group  
 Science; growth of an apple  
 Literature; Johnny Appleseed - reading and understanding literature.



**Get Set**

**Instructions:** Know how many people you will be serving. Wash all hands. Wash apples. Demonstrate how to cut an apple, depending on age, teacher may want to cut and core all apples prior. Allow the students to slice the quarters into edible slices. Review  $\frac{1}{2}$ ,  $\frac{1}{4}$ ,  $\frac{1}{8}$ , and  $\frac{1}{16}$  - excellent Math Lesson. Everyone cuts an apple! Discuss the importance of eating fruit. Maybe even plant an apple seed and observe the tree growing throughout the year. Measure its growth monthly! Read Johnny Appleseed. After the apples are cut have the students arrange them on a plate and put a bowl of your favorite fruit dip in the center. Cover the entire plate and select a group of students to deliver it to the office, cooks or janitor for their morning break. We have done this once a week, for 4 weeks, which allowed the entire staff at the school to receive a treat.

**GO!**

**Outcome/results:**

The students learned about math, science and literature; they did something for others and the staff was delighted for the healthy snacks.

# OCTOBER

## *Treats for Treats*

### **Get Ready**

**Objective:** Provide a sweet treat for an under-privileged child.

**Materials:** Each student needs to provide 1 bag of candy (you may want to post a note as to what you are doing, others will want to donate. The more the better!)

- little treat bags, snack ziplock bags or sandwich bags will work.
- orange and black yarn, (or any color will do)
- spider and bat rings are cool too!
- cut out small pumpkins about 2-3 inches wide.
- markers

**Time:** About an hour, maybe 30 minutes a day for 2 days. Depends on how many bags you are filling.

**Subject Matter:** Math; counting, dividing  
Language Arts; complete sentences, sentence structure

### **Get Set**

#### **Instructions:**

Find a mission, a children's hospital, a low-income apartment building, a battered women's facility or a homeless shelter. Find out how many children they are servicing at that particular time. Make sure that you have enough treat bags. (Parents are usually more than willing to help out with that purchase.) Have the students count up and divide the candies according to how many bags you have. Great for Math time! Divide the bags up so that each student has some to fill. You can put them in groups and divide the candy up or have an assembly line type process, both work well. Once the bags are full, tie them with yarn and attach a spider or bat ring for decoration.

On the cut-out pumpkin write a message of kindness or a POEM of the season, (Diamond poems fit nicely). Or just Decorate them. Arrange for the class to deliver if possible or you the teacher may have to do that part.

### **GO!**

#### **Outcome Results:**

Kids that might not be able to have candy treats will be able to feel good because someone cared about them. The students who make the bags will reinforce math skills and writing skills.

# NOVEMBER

## *A Time of Giving Thanks*

### **Get Ready**

**Objective:** Think about all that you are thankful for, and all of the people around the country who don't have what you have. Collect canned food and make food baskets for those who are in need. (Aim in your own community when possible)

### **Materials:**

- A big box for each classroom in your school
- Some butcher paper to wrap each box like a gift box
- Flyers to go to all classes to inform the parents of your project
- Posters to promote the event
- A prize for the class who collects the most cans (pop corn and soda is good!)

**Time:** Allow about 3-4 weeks for the collection. Have two students take a can count each Friday and graph the process. Post it in the Cafeteria.

**Subject Matter:** Math; graphing, dividing

### **Get Set**

**Instructions:** Set up the dates for collection and allow about 3-4 weeks. Place a decorated box in each classroom of the school. Make sure that 2-3 students check each Friday on the classrooms progress. Graph the results as a class project. Post in the school cafeteria and on the front fence. Enlist the help of the school nurse or the community service worker; they can usually help identify those families that are in need of help. Collect the cans on the final day. Have the students sort the cans by food groups, varieties and then divide them into the boxes that have been decorated. No need for baskets. You may end up needing a few extra boxes. We usually end up servicing about 12 families with 2-3 large boxes of canned food. I usually contact our local food store and ask for a little help and they are very willing to add a small ham or chicken, a bag of rolls and gallon of milk to the baskets. Then on the last day of school, before Thanksgiving, I take 4-5 students in my van and we go deliver the baskets.

### **Go!**

#### **Outcome/results:**

People who are in need feel loved and are thankful for you and your class! Your class feels great for helping others who need it and you have taught a wonderful math/graphing lesson, not to mention division and food groups!

- Locally, we have a fly over and each school makes a design on the ground with its students and staff and pictures are taken from the air as a competition. Winning schools are then seen in an annual KINDNESS Calendar.

- We also meet at City Hall to form a chain of kindness around the Fountain of Peace. Schools from all over the county come and hold hands and sing songs. Each school brings a chain made by its students. Each link of chain has a Random Act of Kindness recorded on it.
- We also have a poster contest at our school for the best Kindness Advertisement. They are all posted around the school.

## **DECEMBER**

### *It is Better to Give*

#### **Get Ready**

**Objective:** Heighten awareness that it is better to give than to receive. Warm fuzzies have no dollar value!

**Preparation:** Have a bake sale or a candy sale to raise enough money for your students to each have about \$5.00 each to spend. If you make more, then raise the amount accordingly. \* Last year I had my class start in August, collecting coins in a big water bottle. By Dec. when we cashed it all in, they each had \$20.00 to spend.

**Materials:** Wrapping paper, ribbon, tape, cards

**Time:** A short field trip to the local dollar store.

**Subject Matter:** Economics; money, adding, percentages, decimals

#### **Get Set**

##### **Instructions:**

1. Once you have the money, decide whom you will buy gifts for. You can contact organizations who have gift-tag trees, local churches, Boys and Girls clubs, missions, homeless shelters, senior centers, hospitals, children's homes, and homes for handicapped.
2. Figure the amount each student will receive, or have them do that if they can. Arrange to go on an hour shopping spree. Some department stores will throw in extras if you tell them ahead of time what you are doing and why. In the past, some stores have matched any amount we spent. Also, one store gave us boxes and ribbons for all of the gifts. One year we were given one adult gift for every child's that we purchased. ... If you don't ask they won't help!
3. Return to school and wrap the gifts. \* Make sure to mark the gifts if they are gender specific! Arrange for a short trip to go and hand them out, or arrange for a potluck lunch or dinner and invite the recipients to the party. A local church might be contacted to help with the food.

#### **GO!**

##### **Outcome/results:**

This has been one of the most rewarding of all the activities. There are no words as to the results; just do it and see! Truly the gift of giving is enjoyed by all!

### Ideas for RAK:

- Raking lawns
- Walking dogs
- Babysitting free
- Buying someone lunch
- Buying someone ice cream
- Take someone for a walk
- Taking a child to the park
- Reading a story to someone
- Writing a letter to an elderly person
- Buy a book and send it to a school class room
- Buy a soda for someone working outside

## RANDOM ACT OF KINDNESS CERTIFICATE

You, \_\_\_\_\_ have just received an act of kindness. All I ask of you, is that you take a blank certificate and do an Act of Kindness for someone else. Thank you for allowing me to do something for you! I hope you have smiled and enjoyed my help today.

Signed by: \_\_\_\_\_

School: \_\_\_\_\_

## JANUARY

### *Coats for Kids*



### **Get Ready**

**Objective:** Collect as many coats for kids as possible.

**Materials:** Flyers and a big barrel

**Time:** Very little class time.

**Subject Matter:** Weather; research, information gathering, statistics

### **Get Set**

**Instructions:** Send Flyers home with the dates of the food drive. Have students graph the class results on a daily basis. Post it in the Cafeteria for all to see. On the final day collect the coats. Arrange with a local cleaners to clean the coats. Salvation Army is good at finding kids who need a new warm coat.

### **GO!**

#### **Outcome Results:**

The community responds well to the call for warm coats, and many children who would not have a warm jacket have one because of your class!

Note: This is a community project that is organized annually by a local TV/Radio Station, and a Local Businesses. In total, they collect an average of 15,000 coats and then distribute them. The coats are all cleaned by a local cleaners and anyone who needs a coat may go to the cleaners and pick one up. It is called "Coats of Kids."

## **FEBRUARY**

### *The month of Caring*

#### **Get Ready**

**Objective:** Care about someone you don't even know.

**Materials:** Several boxes of cards with envelopes, post cards, writing paper, stickers, stamps, crayons, markers. A local telephone book, pencil and pen.

**Time:** About 30 minutes a day every day of the month.

**Age:** 3rd grade and up, unless they dictate and you write

**Subject Matter:** Language Arts; handwriting, and letter writing skills

#### **Get Set**

**Instructions:** Use an extra copy of the local telephone book that you can cut-up. Usually grocery stores and drug stores have extras to spare. Tear a page out and give one page to every student. Each day, for one month, they are to send a card or post card or letter to someone on that list. They need to only write 1-2 sentences and you must correct all of them. They only need to say something nice, make someone feel good, or something that will make them smile! Color and decorate the cards and envelopes. Mail them daily and see if you get any responses. Of course, make sure that the students sign them with their full names and use the school as the return address, include room number. Depending on how your school works postage, you may have to have each student bring 4-5 stamps each.



#### **GO!**

#### **Outcome/results:**

People all over town will receive a note or letter that will make them smile and you will giggle with the thought that someone you don't know will get a letter from you! You may even get some Kind Notes in return. One year we got 53 response notes; it was wonderful!

Note: This can be done by getting patient names from a local rest/guest home as well. The elderly are sometimes forgotten and never receive mail. Kid-made cards are really appreciated!

## **MARCH**

### *Gift Certificates*

#### **Get Ready**

**Objective:** The class designs certificates to hand out to family and friends as they perform 5 random acts of kindness during the month.

**Materials:** Certificates; each student will need 10

**Time:** About 30 - 60 minutes for planning and explaining

**Subject Matter:** Community service, social studies, writing, oral language

### **Get Set**

**Instructions:** Discuss some jobs that might be done for friends, and neighbors. What can be accomplished? How many people can you actually help in a week, or month. It is usually better if they keep it right about 5. Some students will want to help 10 - 15 people, but time-wise, 5 usually works out best. Make a generic certificate that the students can fill-in with the job they are going to do for that special person. The catch is that for each person they present with a certificate, they have to give a blank certificate and it is their responsibility to do a RAK for someone else. (Did you see the movie "Pay it Forward"?)

### **Outcome/results:**

The community will be reached far beyond the boundaries of the school grounds and kindness will be spread. Students will understand the importance of helping others and giving of themselves without wanting anything in return.

## **APRIL**

### *Change for Kids (coin drive)*

### **Get Ready**

**Objective:** To raise money for a local children's ward in a hospital

**Materials:** Large plastic jars

**Time:** About 10 minutes a week, depending on the size of your school

**Subject Matter:** Math; adding, counting money, graphing and record keeping

### **Get Set**

**Instructions:** Give every class in your school a big jug, pickle jar, or coffee can to collect change in. Announce that the class with the most money will be awarded with a movie, popcorn and soda party! Have a short assembly explaining why you are raising the money and that all of it will go to help the children in the hospital. Every Friday, have students, if they are old enough, or a parent collect the money from each class. Graph the amounts on a chart and post the chart in the cafeteria or hall where everyone will see how their class is progressing. Allow about 4 weeks for the drive. Send flyers home so parents will know why their children want pennies, and then they may also want to help. It's best to take the collected change once a week to the bank so they aren't bombarded with one large collection.

Note: I have also done this as a "Kiss the Pig Contest!" I found a local farmer with a cute little pink pig, brought it in and said the CLASS with the least amount of money would all have to Kiss the Pig. The Class with the most money, the TEACHER, would have to Kiss the pig. BUT, if we reached a specific goal the PRINCIPAL had to kiss the PIG! That year we raised almost \$2,000.00. But when we brought the pig back, it was huge, almost 200 lbs, and the Principal had to kiss it as well as the the 8th graders. It is a good media attraction if you want you school in the news for a positive reason.

### **GO!**

**Outcome/Results:** The students from my class got the entire school excited about helping the children in the hospital.

# MAY

## Summer Literacy Program

### **Get Ready**

**Objective:** To have the students of the school create, publish and distribute as many children's books as possible for students to read over the summer.

**Materials:** Construction paper, crayons, markers, and pencils. An edited finished story and enthusiasm.

**Time:** Class lesson time; 30-45 min. a day for at least 2 weeks. Consider planning, writing, editing and publishing.

**Subject Matter:** Language arts; writing process, grammar, spelling, sequencing, plot, setting, character building. Art.

### **Get Set**

#### **Instructions:**

1. Give your class a list of 4-5 different topics. They will choose a topic to create a children's story about. The week prior, you may want to read several different picture books and short childrens books to give them some creative ideas.
2. Give them a copy of the blank web planner and brainstorm some ideas. When the plan is in place, proceed as you would with a regular writing lesson until each student has a rough draft and a final draft of a short childrens story. It should be in final draft form.
3. Give the students several different book styles to choose from for their books.
4. Copy the stories into the books, leaving room on each page for illustrations. Keep in mind that they are for younger students. Print big and clear, nice and neat. When the printing is done, illustrate and copy over the printing with black ink. Saving the last page for "About the Author". Write about the author, giving several truthful facts.
5. Once all of the books are done, distribute them to the lower grades, reading them to as many students as time permits. Then at the end of the school year tell the teachers to send them home with the students so that they will have books to read over the summer.



**Outcome/Results:** Your class will be published authors, and another class will have free books to read over the summer.

Note: I have also done this right after testing as a release activity. I teamed the 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders up , one on one, or in pairs, with classes K-5. Each classroom was given a topic; i.e. - clowns, dogs, circus, the sea, whales. They had 1.5 hours to plan, publish, and illustrate a short story. Then we gathered in the cafeteria and had a reading hour to hear some of them. Afterwards, the books were displayed in the library until the end of the year. We ended up with 345 short children's books. At the end of the year we placed them in Ziploc bags and handed them out with some books that we purchased. To this day the kids remember what they wrote about, and who they wrote with. What a bonding time they had. Big and little alike!