

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

PLANT A SEED OF KINDNESS

Submitted by Gail; Weston, FL

Type of Activity: An easy craft project displayed on an interactive bulletin board in class used to demonstrate kindness. It can also apply to science and math.

Grade Level: K-3

Time Frame: 24 weeks

Scope: Classroom

Materials: construction paper, bulletin board, markers

Objective:

To show that good deeds done without a specific reward are returned to you many times over, by a variety of people.

Procedure:

Each student cuts out a seed shape and writes their act of kindness, and the person's name who received this gift. They plant it below the grass line on the bulletin board. When someone gives them a gift of kindness, they add a stem, leaves and flower parts. You may find children with a "double bloom", which is wonderful and a result. Students may plant a seed of kindness for every act of kindness they do.

Making Connections:

This lesson makes a great connection to science when you are studying plants structure and growth. You can also connect to math from counting parts of your growing flower in the low grades, to using multiplication in the 2nd and 3rd grade. If I plant 2 seeds of kindness instead of one, will I have twice as much return, or is my gift growing exponentially? What is the average number of kindnesses returned for each seed planted? You can also use a bar graph to categorize the types of kindnesses planted, such as kind words helpful

hands etc., and quantities returned to each child. Language arts is easily implemented by writing a paragraph describing the specific seed of kindness.

As the returns come in have the students add continuing paragraphs and end with a paragraph reaching a conclusion on their kindness project.

This project will be implemented in my classroom in March and displayed on my hall bulletin board. The students will be using the *project* as a review for a past science project of *seed* growth. Their act of kindness will "germinate" with the planting of the seed and first positive response received. As they review other gifts we will continue adding the next logical part to their growing plant.