

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

### Wall of Kindness

Submitted by Mary; Martin, TN

**Type of Activity:** All School

**Grade-Level:** Third – Fifth

#### Objectives:

- To give students an appreciation of performing acts of kindness for others.
- To have students learn the difference between everyday “responsibilities” and acts of kindness.

#### Materials:

- Red construction paper
- Black marker
- Daily tally sheets for all classroom teachers

#### Personnel:

One project coordinator - could be guidance counselor, specialty teacher, school resource officer, etc....

#### Procedure:

1. Choose a week to do this project that involves a holiday or celebration that kindness would play a part such as Christmas, Martin Luther King Jr.’s Birthday, Veteran’s Day, etc... (This is not essential but makes finding acts of kindness to perform easier if the children have a theme to work around.)
2. Have classroom teachers lead a discussion on kindness and give examples of acts of kindness their students could perform throughout the week. Have teachers explain the difference between a responsibility act and an act of kindness. For example: a regular chore is not an act of kindness but doing a chore for their mom without being

asked would be. This discussion should be given on Friday before your Kindness Week begins.

3. Each morning, beginning on Monday, students will come into their classroom and report any acts of kindness that they have performed during the previous day. Teachers will keep a total of the number of acts of kindness performed and mark it on their tally sheet.
4. Each day, teachers will turn in their counts to the project coordinator. In turn, the coordinator will make a "brick" out of red construction paper for every five acts of kindness performed by a class. The brick will be labeled with the class name (ex: Mrs. Smith's class) and mounted in the lobby or a central location on the wall as if a new brick wall was being constructed. Every day the students will be able to go by and see the wall getting bigger as they perform more acts of kindness!
5. At the end of the week, the coordinator will announce a total for the number of acts performed for the whole school and make a banner with that number to be posted by the "Wall of Kindness".

### **Additional Ideas:**

1. Classroom teachers may also wish to make special note of any extraordinary acts of kindness their students perform. The coordinator may choose to make special bricks (different color or marked with a star) that represent these extra special acts.
2. The coordinator may wish to organize a pizza party or special recognition for the class which has performed the most acts of kindness through out the week.

### **Expected Outcome:**

1. Students will learn the joy and benefits of doing acts of kindness for others.
2. Students become more aware of thoughts and feelings of those around them.