

Lesson:

Kindness Everywhere

Subject area:

Language Arts, Social-emotional learning

Grade level:

Kindergarten to grade 3

Time Allocation: 40 minutes

Learning Objectives:

Students are able to:

- Develop responsibility and awareness of the impact of kindness
 - Participate in group discussions
 - Practice and share their thinking visually and/or in writing
 - Use and express their feelings and emotions accurately
 - Identify caring behaviours among classmates and within families
 - Describe and apply strategies that promote a safe and caring environment
 - Develop awareness of and take responsibility for their social, physical, and natural environments
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Vocabulary

Kindness, compassion, empathy

CASEL Competencies

Self-awareness: The ability to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

Relationship skills: The ability to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

Responsible decision-making: The ability to make caring and constructive choices about personal behavior and social interactions across diverse situations.

Teaching Materials

Copy of “What Kind of World Would It Be?” by Angelina Gauthier
Copies of “Kindness Everywhere” worksheet (available on
www.kindnessandstories.com)

Lesson Overview:

1. Review the definition of “kindness”. Ask students to share what kindness means and visually write their ideas on the whiteboard/Smartboard/chart paper (list, brainstorm cloud, etc.)
2. Ask students to think about the places we can show kindness. Ask students to identify and share those places. Record those ideas as a visual. (list, brainstorm cloud, etc.)
3. If you have not read, “What Kind of World Would It Be?” previously, read it now. Before reading, ask the students to watch for all the places kindness is shown in the story and what kind of acts of kindness are performed. With younger students, you can stop after each page and ask “Where is kindness being shown?” and “What act of kindness is being shown?”.
4. Distribute copies of the “Kindness Everywhere” worksheet and review it with the class. For younger students, as a group, brainstorm what you could do to show kindness at home, at school, for the environment and in the community.
5. Have students work independently to complete the worksheet. Depending on the development level, students may just draw a picture, draw a picture and label, draw a picture and write a sentence, or write a paragraph.

Follow-up:

6. Have students share their ideas with the class.
 7. Have students select one of the ideas from their sheet that they commit to doing in the next day.
 8. Ask during the next day’s morning meeting what students did to show kindness.
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Reflection: Ask students to reflect on how showing kindness made them feel. What acts of kindness can you do every day?