



# #ShareKindness School Lesson Plans

Kindness is a choice we make. The act of going out of your way to help someone may seem like second nature to us, but it's likely a learned behavior. In addition to setting an example for young people in our personal lives, teachers can have an enormous impact this season of kindness through special lesson plans focused on teaching kindness, activities celebrating kindness, and social and emotional learning plans.

Here are some ways you can #ShareKindness in your life:

## Simple

- Greet fellow students every morning with a compliment
- Help each other with classroom clean up
- Ask someone new to sit with you at lunch

## Go the extra mile:

- Write a thank you letter to someone who works at your school
- Develop your own classroom rules of kindness
- Clean up an area of your school
- Organize a clothing or toy drive for students in need

## Part 1: Discussion on Kindness (10-15 minutes)

[Insert reference to NBC video here]

Seat students in a circle. Ask each question below to prompt a class discussion. Encourage students to discuss each question with a partner or a small group, then choose some students to share out with the whole group. Note: If you are not teaching Part 2 in the same session, it is recommended that you capture student comments on paper to be referred to as a refresher at the beginning of the next lesson.

1. Explain to students that you will be discussing kindness as a group today. Kindness is the quality of act of being friendly, generous and considerate.

2. Questions for discussion:

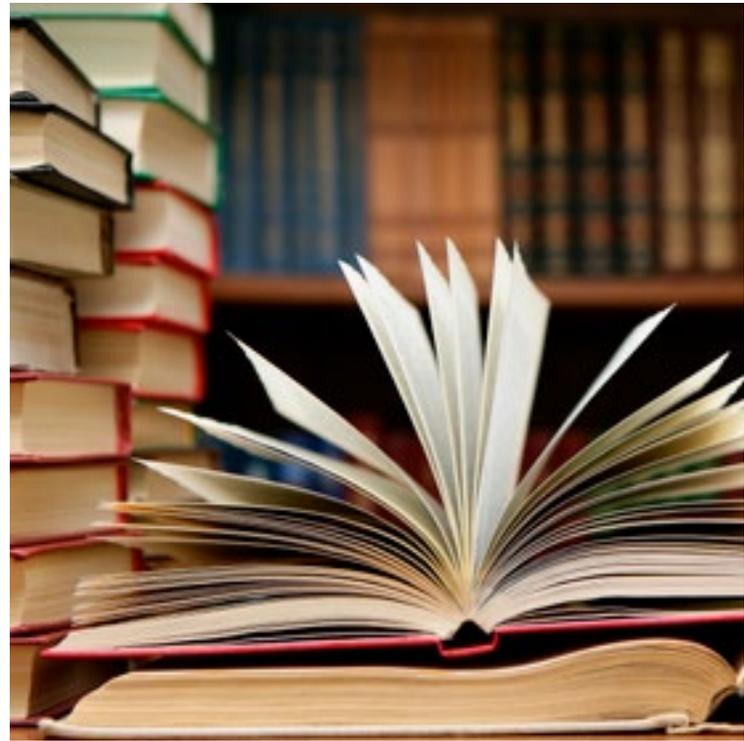
Why is kindness important?

Who deserves kindness?

What are some barriers to kindness? How can you overcome those barriers?

What is a random act of kindness?

What is the effect of random acts of kindness?



## Materials Needed:

- Part 1: Whiteboard or large paper for recording student ideas
- Part 2: Fillable Four Pillars of Kindness PDF
- Part 3: Grades K-2: Fillable Scavenger Hunt, Grades 3-12: paper, pencils, recording devices such as phones or tablets (optional)
- Part 4: Pencils, paper, recording devices (optional)





(continued)

Does the recipient of the kindness need to know from whom it came?  
Use this opportunity to discuss anonymous donations and secret acts of kindness.  
Discuss a time when someone was kind to you.

3. Additional question for upper elementary, middle and high school students:  
Discuss a time when someone was kind to you, even though you may not have deserved their kindness. What was the result?

## Part 2: Brainstorming Examples of Kindness (10-15 minutes)

1. Spend five minutes and review the conversation from the previous lesson. Refer to notes taken during the discussion if applicable and age-appropriate. Skip the review if this lesson is taught immediately after Part 1.

2. Discuss the Four Pillars of Kindness

NBCUniversal has identified "Four Pillars of Kindness,"

Give of yourself. This means that you are being a good person by doing kind acts for people you know as well as strangers.

Give your time (volunteering formally or informally)

Give money (Donations to causes and charity)

Give needed items to people without (food, toys, clothing)

3. Project the fillable Four Pillars of Kindness Chart or copy the chart on a whiteboard or paper.

Ask students to brainstorm specific ways that they can demonstrate or act upon each pillar. Transcribe the ideas into the chart. Continue until ideas are collected for all four Pillars.

## Part 3A: Share Kindness: Recommended for Grades K-2

Students will be given a "Kindness Scavenger Hunt." The teacher has the option of creating the content for the scavenger hunt using students' ideas collected from the Four Pillars of Kindness Chart and the fillable Scavenger Hunt pdf. The teacher also has the option of using the premade scavenger hunt, but we strongly encourage each teacher to create a scavenger hunt that is age and culturally appropriate for his/her students. Note to kindergarten teachers: We recommend pairing down the scavenger hunt to 5-6 tasks and adding photos next to the words to help students that are not yet reading.

1. Review the ideas collected on the Four Pillars of Kindness Chart. Skip the review if this lesson is taught immediately after Part 2.

2. Share the kindness scavenger hunt with students and explain the directions

3. Technology Option: Depending on the age group and available technology, students can record themselves or members of their group performing acts of kindness, to be reflected upon during Part 4.

## Part 3B: Share Kindness: Recommended for Grades K-2

Students will work as individuals or in small groups to design and execute a plan for sharing kindness within their school community.

1. Review the ideas that were recorded on the Four Pillars of Kindness Chart. Invite students to make additions. Skip the review if this lesson is taught immediately after Part 2.

2. Invite students to choose an example of kindness and create an action plan on how they will execute this plan.



### 3. Share kindness! Execute the plans!

The timeline for the execution of the plan is up to teacher discretion, as is whether students work individually or in small groups. Teachers can also choose whether they want the kindness project to only take place at school or to provide the option of completing the project outside of school hours.

### 4. Technology option:

Depending on the technology assets and the age of the students, students can be invited to share at least one story of kindness on social media with the hashtag #sharekindness. Remind students that asking for and gaining permission before posting photos or video of

## Part 4: Reflection (15-20 minutes)

Students will spend time reflecting on their acts of kindness. Depending on the age group and teacher preference, students can write about their experience, discuss as a group, and/or share photos and videos of their experience.

### 1. Questions for reflection:

What was the effect of your act(s) of kindness?

How did it make you feel to share kindness?

How do you intend to share kindness in the future?

### Literature Connections for Grades K-5

The Can Man, by Laura E. Williams

Have You Filled A Bucket Today? A Guide To Daily Happiness For Kids, by Carol McCloud

Horton Hears A Who, by Dr. Seuss

Last Stop On Market Street, by Matt de la Pena

The Lion and the Little Red Bird, by Elisa Kleven

Ordinary Mary's Extraordinary Deed, by Emily Pearson

Somebody Loves You, Mr. Hatch, by Eileen Spinelli

Those Shoes, by Maribeth Boelts

Understand and Care, by Cheri Meiners



Give of yourself

Give time

Give Money

Give needed items  
to people without

