

LET'S TALK KINDNESS

In this lesson, students will reflect on how kindness affects both the people giving it and receiving it. Then they will work on spreading kindness in their community.

Grade Levels 3–6

Note: Lessons are designed to support multiple grade levels. Modification suggestions and extensions are for alternative pacing and to engage students at various levels.

Standards

Common Core State Standards (CCSS)

- CCSS.ELA-LITERACY.CCRA.R.1
- CCSS.ELA-LITERACY.CCRA.R.3
- CCSS.ELA-LITERACY.CCRA.R.7
- CCSS.ELA-LITERACY.CCRA.SL.1

Collaborative for Academic, Social, and Emotional Learning (CASEL)

- SOCIAL AWARENESS
- RELATIONSHIP SKILLS
- RESPONSIBLE DECISION-MAKING

Social Studies Standards (NCSS)

- Individual Development and Identity
- Civic Ideals and Practices

Essential Question(s)

- How does spreading kindness affect others?
- How does spreading kindness affect you?

Learning Objectives

- I can list ways to show kindness in my school, home, and community, and implement one or more of them.
- I can reflect on the impact that acts of kindness can have.

What You'll Need

“Spreading Joy” article from TIME for Kids; “Kindness Bingo” worksheet; YouTube access (optional)

INSTRUCTIONAL PLAN

Introduce It

Ask students to think about what kindness means and why it's important. Have them use the following prompts to journal or turn and talk to a partner about . . .

- a time when someone showed you kindness. How did it make you feel?
- a time when you did a random act of kindness. How did it make you feel?

Read About It

- Read the article [“Spreading Joy”](#) (TIME for Kids, March 2020)

Discuss It

Ask a volunteer to summarize the article for the class. Then discuss the ideas in the article. Use the questions below to prompt the discussion.

- How has PepToc's goal evolved since its start?
- The teachers said the project showed students that small acts can have a big impact. Do you agree or disagree?
- How are joy and kindness are related?
- Can you think of a small act that had a big impact on you, or a small act with which you impacted others?

Act on It

- Read the quote from teacher Jessica Martin aloud: “I think kids really need to understand that they have extraordinary power. It really does just take a few words of kindness to uplift the world.”
- In small groups, have students brainstorm words of encouragement or advice they would give to someone calling the PepToc hotline. Give them sticky notes with which to write their advice. Have students add their notes to a collective poster. Hang this poster in a shared space where students or staff can take a sticky note when they need a lift.
- Have students brainstorm some other ways that they can spread kindness. Make a list on the board. Then give each student the [“Kindness Bingo”](#) worksheet. Tell them they can fill out their bingo boards with suggested kindness activities or write their own ideas. Then, as a class, decide on a timeline and a goal for completing bingo activities. Ask students to be prepared to share with the class what their acts of kindness were and how the acts made them feel.

Take It Further (optional)

Watch the video [Kindness Boomerang](#) and discuss it with the class. What's the message of this video? Did you feel that any of your acts of kindness had a boomerang or a domino effect? (In the video, the kindness spreaders did not see the other acts that followed, so it's important to remind students that some of the affects are not known or seen.)