

SPREADING POSITIVITY

In this lesson, students will list ways to show kindness and practice spreading kindness at school or in their community.

Grade Levels 3–6

Note: Lessons are designed to support multiple grade levels.

Standards

Common Core State Standards (CCSS)

CCSS.ELA-LITERACY.CCRA.R.1
CCSS.ELA-LITERACY.CCRA.R.3
CCSS.ELA-LITERACY.CCRA.R.6
CCSS.ELA-LITERACY.CCRA.SL.4

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

SOCIAL AWARENESS
RELATIONSHIP SKILLS

Social Studies Standards (NCSS)

Individual Development and Identity

Essential Question(s)

- How does it feel to give or receive kindness?
- What are some ways to spread kindness?

Learning Objectives

- I can explain how students can spread kindness in their school.
- I can understand how small acts of kindness can make a difference.
- I can think of ways that I can show kindness at school, at home, and in my community.

What You'll Need

“Positively Kind” article from TIME for Kids; “Affirmation Teller” worksheet

INSTRUCTIONAL PLAN

Introduce It

Ask students to think about the different forms that kindness can take. Have them journal or talk to a partner about the following:

- When did you perform an act of kindness? How was it received? How did it feel for you?
- When did you receive an act of kindness? How did it feel?

Call on volunteers to share stories with the class.

Read About It

Have students read “Positively Kind.” Ask them, as they do, to think about whether showing kindness and positivity should qualify someone as a Kid of the Month. Why or why not?

Discuss It

Bring students back together and have them share their thoughts. Then discuss the following:

- What inspired each of Lena Ford’s acts of kindness?
- What is the goal of Lena’s projects? Do you think they are successful?
- How is kindness powerful, according to the article? Do you agree?
- What effects of kindness have you witnessed?

Act on It

Make a list of the ways in which Lena shows kindness. Have students add to the list with ideas of their own. Point out that one way to show kindness is to share uplifting messages or positive affirmations with others. Give students a copy of the worksheet “Affirmation Teller.” Have them follow the instructions to make a fortune teller with affirmations inside. If they’ve never seen a paper fortune teller, show them the web page ti.me/fortune-teller-DIY. Encourage them to use their fortune teller with friends and family.

As an additional challenge, have students keep a kindness journal. Ask them to keep track of kindnesses they give or receive, and the impact these have. Each week, have a conversation about how students are feeling as part of a kindness journey.