

Kindness- Part 2

This final month we are ending with Kindness again! Although this is technically a sub-concept of Courage and was covered back in unit 4, we decided that everyone can use an extra dose of kindness at the end of the school year! The activities below will allow you to infuse your classroom daily if desired. All of these activities are specifically designed to work in a distance learning environment.

Mini Lessons

Whole Class Lesson

30 minutes



Kind Peers

What are the attributes of a kind peer? Using an idea web (click here for a sample <https://www.mindmup.com>) create a tool to help identify a kind peer. Some ideas to get started include- always has something nice to add to the conversation, is enjoyable to be around, makes me smile, etc.

For Small Groups

15 minutes



Unsung Heroes

Who in your family or neighborhood is an unsung hero of kindness? Who can you count on for a kind word, hug, listening ear? Many heroes go without recognition. After you identify your hero, brainstorm 3 ways to thank them for their kindness. They are setting an amazing example for you and others in how to be kind, even during difficult times!

For Partners

15 minutes



Kind Mail

Partner up and identify some vulnerable people in your community that may be struggling during this time of social distancing. Create uplifting, kind mail for them and send it the old-fashioned way with a stamp (or hand deliver it to their door or mailbox) to spread kindness!

For Individuals

15 minutes



Kindness Cards

Using index cards, create 5-10 positive self talk cards for use each morning. Each statement must be present tense, empowering, and kind to yourself. Example: "I am a terrific public speaker." Keep the cards next to your bed and read them aloud every morning throughout the entire week!

Technology-Focused

15 minutes



Random Acts of Kindness Collage

Using the internet, find images that represent random acts of kindness. You may NOT use pictures of people. Your challenge is to record acts using only pictures of objects. Create a collage in google docs and label each act. Share it with the rest of the class and challenge yourself to complete one of the RAKs you included this week coming up!