

# Becoming Courageous

Act: Lesson 1

## Kindness

### Objective:

1. To bring the concept of kindness to the children's attention.
2. To give the children an opportunity to explore different ways to be kind, both at school and at home.

### Rationale:

1. It is an interesting fact that performing acts of kindness makes everyone feel good.
2. Practicing acts of kindness will encourage your students to be kind to each other.

### Alignment to the British Columbia Core Competencies:

#### Social Responsibility; Building Relationships:

1. I can identify when others need support and provide it.
2. I am aware of how others may feel and take steps to help them feel included.

### Supporting Literature:

1. TED talk [Kindness](#) by Orly Wahba.
2. TED talk [How One Act of Kindness a Day Can Change Your Life](#) By Mark Kelly

### Materials and Resources:

1. Courage Journals. Children use exercise books or any type of book or journal. Courage Journals are used to reflect on the content of the day's lesson. Each child should have their own.
2. Smartboard, or projector and speakers Links to the videos are in the lesson.
3. Videos: [Sesame Street Kindness Kid](#), [Kindness Boomerang](#)
4. Books: *Ava's Poppy* by Marcus Pfister; *I am Love. A Book of Compassion* by Susan Verde.
5. Kindness Boomerang planning sheet.
5. If you plan to make videos, the easiest way is to use tablets or phones.

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## **Lesson** (approx 1 hour)

### **Introduction:**

1. Organize students so they can see the smartboard.
2. Start with the [Sesame Street Kindness Kid](#) video.
3. Facilitate a conversation with your students about the video.

Some things to notice:

- How “big” were these gestures? Was there a lot of planning or were they spontaneous?
- What happens when you are kind to someone? How does it make you feel?
- What happens when you “try to be kind” and things don’t go as planned?

### **Main Activity:**

1. Read the book, *Ava’s Poppy* by Marcus Pfister.
2. Is it possible to be kind to things that aren’t people? Examples?
3. Show the [Kindness Boomerang](#) video.
4. Facilitate a discussion about the people in the video.
  - How does a person feel when they are recipients of an act of kindness?
  - What does receiving kindness inspire a person to do?
  - How does a person feel when they are kind to someone else?
  - Why did they call this video, “Kindness Boomerang?”
5. Students can plan and act out their own 3 or 4 act Kindness Boomerang. There is a template for organizing this on the website.

### **Reflective Activity:**

Demonstrate a kindness boomerang happening in your classroom. Have students act out the acts of kindness.

Using their Courage Journal, students make a diagram of a kindness boomerang. They can choose home or school or anywhere else. Draw or list the acts of kindness and show how the kindness will eventually return to where it started.

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## **Extensions:**

If you have the technology available, students can make their own “Kindness Boomerang” video. There are many examples available on Youtube.

Extending from the book, Ava’s Poppy, the students can plant seeds and care for the plants. Some seeds that are well suited to growing in a classroom window are marigolds, or sunflowers.

**Creative Activity:** Kindness Dice: Students write an act of kindness on each face of a die template. They can then decorate it if they like. The templates are cut out and glued together. (You can also use double sided tape) Students then roll their dice, and see which act of kindness they can do next! Templates can be found by clicking on the “creative activity” button.

## **Materials:**

- Kindness Dice Templates
- Pencil crayons or felts
- Scissors
- Glue