**KINDNESS LESSON PLAN**

**Kindergarten-2nd Grade**

**Thank you so much for volunteering your time to work with the students at Middle Creek Elementary! We appreciate your time!:)**

**Before you start the lesson, take a little time to:**

1). Introduce yourself and tell a little bit about yourself.

2). Explain that you will be coming in every month for a lesson.

3). Ask what good character is. Explain what kind of person you are and how you act toward yourself and others. All Wake County students do the same trait each month. However, this does not mean you only show that trait for one month. Rather you try to display all the traits your entire life.

4). Explain that character education is learning and discussing different ways to show good character. You as a volunteer help them learn. So do parents, teachers, coaches, siblings, friends. etc.

**Ask the children what they think kindness means.** Kindness is being considerate, courteous, helpful, and understanding of others. It is showing care, compassion, friendship, and generosity. Kindness is like respect, it is treating others the way you want to be treated. We treat others with kindness without expecting any reward or favor in return**.**

**Read the selected book (the books are on the last page of this lesson plan).** As you read you may want to discuss how the characters in the book did or did not show kindness. Do what works for you☺

**Discuss some ways to be kind:**

1). Say “ That’s a good idea.” When someone shares his or her ideas with you.

2). When you ask people how they are, really listen to their answer.

3). Comfort someone when they get hurt or have hurt feelings.

4). Make a card for someone who is sick or sad.

5). Be patient with others.

6). Look for ways to help others.

**Ask children if they think kindness is like a germ.** It is very easy to spread germs from one person to another and we all try very hard not to spread “bad” germs by washing our hands and covering our mouths when we cough. This prevents colds and viruses from spreading. Kindness is like a good “germ”. When we are kind to someone, our kindness makes them feel good and often they will pass that kindness to others. In other words – “Kindness is Contagious” by showing how one kind act of kindness leads to another. Example, a child helps a parent make breakfast in the morning. This makes the parent feel happy If you have time, a fun activity is to show how the kindness “germ” spreads. She helps the neighbor by watering her flowers, the neighbor helps someone, etc. You can ask for examples of kindness from the class and incorporate them. The point is to get the children thinking about how being kind makes other people feel and how one kind action can lead to another.

**ACTIVITY** – k-2 Hand out construction paper squares – 1 per student. Have students write and/or draw a kindness act. When students are done, have students share their square with the class if they would like. Before you leave the class, collect the construction paper squares from the students. We will use the squares to make a “Kindness Quilt” to display in the hallway.

3-5 Create a Kindness Ripple

**After you finish the lesson** encourage children to look for ways to show kindness. Finally, thank the teacher for sharing the class with you.

**Books to read for kindness lesson:**

**k-2 Kindness is Cooler Mrs. Ruler**

**3-5 The Never Forgotten Doll**