Kindess lesson grades k-2

Materials: Plates, water, soap and pepper, “The Invisible Boy”, Kindness handout

First tell the students that we will be completing a “science experiment”. Complete the soap activity (attached). Talk about how the pepper darts away from the soap. Connect this to students running away from other students. Introduce Inclusion and Exclusion. Discuss how including others is one way we are kind to others, our character trait for the month.

Read the Invisible Boy. Discuss. Have you ever felt invisible? Is that a good feeling or a bad feeling? Discuss how important it is to make everyone feel valued and included. Possibly discuss birthday parties and sleepovers. Can we invite everyone? No, but we don’t need to talk about it in front of others because it makes them feel left out.

Brainstorm ideas on the board of how to make people feel included instead of excluded.

Have students complete the kindness sheet. They should write 6 ways that they can show kindness to classrmates.

Kindness lesson grades 3-5

Materials: The Potato Chip Champ, Kindness writing sheets

Tell the students that today we will be reading a book about the character trait Kindness. How would you define kindness? What are some ways we show kindness to others? How do you think this book will relate to kindness (predicting)?

Read the Potato Chip Champ. Discuss empathy. Over the course of the book, Champ developed empathy for Walter. By empathizing with others, or putting ourselves in their shoes, we are better able to be kind and considerate towards others.

Have students write a paragraph about empathy and kindness. Students may share their personal connections to the book.

If time allows, play Kindness is Catching.