

Lesson Name:

Kindness in Action

Student Objectives:

- Students will identify an act of kindness that can help a situation.

Educator Preparation:

- Read the book, *What is Given from the Heart* By Patricia McKissack.

Introduction:

Hi! I'm Mrs. Short. Today, I'm going to talk to you about using your strengths and passion to make a difference in your world. One of the greatest philanthropists ever known, Mother Theresa, tells us "If you can't feed a hundred people, then feed one." You may not be able to get out of your yard to help hundreds of people right now, but here are many ways you can help one.

Instruction:

Let's start by sharing a story, *What is Given from the Heart* by Patricia McKissack.

Read the book aloud. Stop on the Christmas page.

Let's think about the hardships James Otis and his mother had faced over the past several months. His father passed away, they lost the farm, and a storm destroyed much of what they had left.

Emphasize, "What is given from the heart reaches the heart."

James Otis used his imagination and his writing skills to give a gift from his heart to reach Sarah's heart. She was shy and quiet until she realized he had thought of her first. James Otis only knew that his gift was going to a seven year-old girl.

He was still able to use his strengths and his passion to make a difference in Sarah's life.

What can you give from the heart that will make a difference to the person you are helping?

Interaction:

Just to review, In our first two lessons, we learned why philanthropy is important and how we are gifted with talents, interests, and strengths that we can use to make a difference in our world. When we put our passions with our strengths, we can change the world. Our story showed us how to take time to understand another person to be able to help them.

I have an idea for you to try from home:

I made a "**CARING Bookmark**" Notice I created an acrostic poem.

- I wrote CARING down the front of my bookmark. You can write any word you like. You can create a poem or just draw pictures.
- Think of an adjective for each letter to describe why or how you care for the person who will receive your bookmark.
- On the back of your bookmark, make a design showing what you look forward to doing with the person receiving the bookmark when you see them again.
- You could fill the back of the book mark with the reasons you care about them.
- Take time to mail the bookmark with a note to someone you are thinking about. It could be a family member, friend, or a community hero you'd like to thank.

You can use another word and can make a card or drawing to make a difference for someone today. The trick is deciding who you want to help, what you want to make, and how you will get the gift to them.

Closure:

Today, I showed you an idea for a keepsake to help you see how you can brighten someone's day. Mother Theresa also said, "We cannot do great things on this Earth, only **small things** with **great love.**" Any act of kindness from the heart reaches the heart.

Activity:

CARING Bookmark and Acrostic Poem

Resources:

- [Learning to Give: Culture of Kindness Toolkit](#)
- [“Just be nice” Kindness craft - Rubber band bracelets by Lea](#) (1:50 minutes)
- [Learning to Give: Words Bring Peace](#)
- [Steve Hartman: Kindness 101](#) CBS Evening News Facebook Page and CBS YouTube Page
- “Character Education” March 23, 2020 (30 minutes) - “Hero 101”
- “Empathy” March 24, 2020 (7:06 minutes)
- “Friendship” March 25, 2020 (24:53 minutes)
- “Altruism” March 26, 2020 (26:07 minutes)