

Lesson Name:

Kindness in Action
Grades K-5 Lesson 3

Student Objectives:

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

Educator Preparation:

- Read the book, Say Something! By Peter H. Reynolds

Introduction:

Hi! I'm Mrs. Short. Today, I'm going to challenge you to use your 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 reading Say Something by Peter H. Reynolds. (READ BOOK ALOUD). The author uses word bubbles to show how saying something is a personal choice. I'd like for you to listen to the many ways people "say something" in this book.

I'm going to start with the front cover of the book. Look at all the ways people can speak up. For me, "Stay strong." and "Let's stand together." stand out for me today. Another day, other words will speak to me. We'll come back to this page later.

(STOP AFTER: If you see an empty canvas...) Let's stop here. Do you see how the author has already mentioned just being there for someone or using art to "say something" can make a difference?

(STOP AFTER: If you see an injustice...) An “injustice” is when certain people are treated unfairly. When you “inspire” someone, you help them see how they need to do something to make a difference too.

(AT THE END OF THE BOOK) Why do you think the author left this page filled with blank word bubbles? (GO BACK TO THE FRONT OF THE BOOK) Here are some words that could fill those bubbles.

What do you need to “say something” about?

Interaction:

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. Today, we will see that there are many ways to “say something”. You can use music, art, writing, songs, our character, and any talent to make that difference.

Here’s an idea for you to try from home:

Make a “**CARING Bookmark**” An acrostic poem and coupons of love

- 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.

Of course, the little things you do every day make all the difference. So keep those waves, smiles, and messages coming.

Closure:

Today, we did an activity to help you know that you can brighten someone's day. Mother Theresa also said, "We cannot do great things on this Earth, only small things with great love." Take time this week to be encouraging to your family, friends, or a community hero.

Activity:

- "CARING" Acrostic poem and bookmark

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)