

Camfel Productions
presents

spreadkindness

Teacher's Discussion Guide



Discussion Guide

CAMFEL'S MESSAGE:

Empowering individuals to stand on a foundation of character values and encouraging them to act responsibly when faced with tough decisions.

When studying for a test, the amount and quality of input directly affects output. The same is true with character. What goes into the mind and heart of a student is reflected in their actions and behavior. So, with the absence of good role models and character education, why do we question student behavior when we see what they are putting into their minds? The character values we observe and admire are the foundations of how we think and act.

Here at Camfel Productions our mission is to be a messenger of hope to a generation in desperate need of positive, life-altering influences. We want to help your students realize their worth by building up their character...character that is built on a foundation of integrity and trust.

PROGRAM DESCRIPTION:

SPREAD KINDNESS is Camfel Productions newest three-screen elementary program. It will challenge students to make being kind a priority for their lives. Your students will discover that one small act of kindness, an encouraging word or a smile can change someone's attitude for the entire day.

"Kindness is a language which the deaf can hear and the blind can see." Mark Twain

SPREAD KINDNESS will motivate students to encourage others, smile more, judge less, and be considerate of others. Additionally, kindness includes being kind to yourself. Your students will be inspired to speak positively about themselves, their talents and abilities. They'll find that bullying and being critical are not the best way to make friends or to be the kind of person they wish to be.

SPREAD KINDNESS involves helping, sharing, listening, and teaching. If we do those things we can change both how you are perceived and how you see yourself. We like to be around those who are kind. It strengthens our social relationships and impacts the lives of others. By working together to spread kindness we can improve our lives and inspire those around us to achieve success.



Pre-Show Discussion Session #1

Preparing for the Assembly

A message to the instructor:

In a short time your students will be viewing a tremendous program called SPREAD KINDNESS. We have provided you with a few discussion sessions to use before and after the presentation. These sessions will help you increase the effectiveness of this learning experience. Please feel free to use your creativity to enhance this learning experience as you adapt it for your students.

A few pre-assembly discussion ideas:

Have the students discuss what it means to spread kindness. What actions are acts of kindness?

Kindness is defined as the quality of being friendly, encouraging, generous, and considerate. Being kind often requires courage and strength. Kindness involves being kind to yourself, speaking honestly about your abilities and possibilities. Kindness is important to development of relationships and making those connections with others that you desire.

Cool Thoughts:

Wherever there is someone in need, there is an opportunity for kindness to make a difference.

Kindness consists of loving people more than they deserve.

Concluding comments:

Acts of kindness helps you feel better about yourself. Additionally, witnessing an act of kindness motivates us to spread kindness as well, it's contagious. We cannot control others but we can control ourselves. Acts of kindness don't look for an audience or credit. When we seek ways to be kind to others we will begin to see the world around us in a more positive way.



Pre-Show Discussion Session #2

Topics Addressed in Program

Sections of the Program to Discuss:

1. **Students Address Being a Good Citizen:** Students comment about actions we can take to be a good citizen at school. They also address the need to be kind on the playground and in class. Talk about why it's important to practice being a good citizen at school. What would happen if everyone only thought about themselves and were inconsiderate of others?
2. **Discuss the hurt we feel when people are critical or rude:** One student commented, "I was laughed at once and it didn't feel good." Another states, "When somebody laughs at you, it makes you feel alone and sad." These types of words and actions are bullying if they are repeated. Talk about why we need to be encouraging with our words and actions rather than negative. Discuss the value of following the Golden Rule at a time like this.
3. **Let's Talk about Bullies:** Those who are different or have physical problems are picked on, criticized, or bullied because of those differences. However, if we were to take the time to really get to know them we might find a terrific friend. Talk about why people will bully and hurt another person's feelings with critical and mean comments. Discuss what we can discover about others if we will take the time to really get to know them.
4. **Talk about the following statement:**
"Kindness is a language which the deaf can hear and the blind can see." Mark Twain

Concluding comments:

When you are a good citizen, you do what is expected of you. You're nice and helpful to others. You are considerate of how they feel and you don't do things that may hurt their feelings. You recognize that you can spread kindness, encourage others to do the same, and motivate yourself and others to look for and champion the good in ourselves and those around us.

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Discussion Session #1 ***Accepted and Connected at School***

Activity:

Materials:

Ask for three volunteers. Note who wishes to volunteer and who does not. Ask volunteer number one why they felt comfortable volunteering. Ask volunteer number two why some might find it difficult to volunteer. Ask volunteer number three what we could do as a group to help others feel less stress in volunteering.

Discuss as a class what we can do to help others feel like they are a part of a community, feeling welcome and accepted.



Communicate the following:

School isn't simply a place to learn. It's where most of us find our friends, have lunch, socialize, discuss problems and interact with adult role models. It's a place where we can experience achieving common goals, develop social and emotional skills, and learn more about ourselves.

Imagine how enjoyable and fun it would be if everyone felt accepted, respected, and wanted to be at school to share learn and develop.

Talk about the following:

1. Talk about why it is important to respect others' point of view, be less critical of others' ideas, and accepting differences in beliefs. Why is this difficult to do?
2. How can we demonstrate respect and caring for others when we strongly disagree with them?

Concluding comments:

Getting up in front of the class to speak, sharing our ideas, or disagreeing with others can be difficult to do sometimes. We need to be respectful and caring for others and help them feel accepted and welcome even when we disagree.

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Discussion Session #2 ***Missing Information***

Activity:

Materials Needed: Whiteboard

Write the following equation on the whiteboard: $5 + 2 = ?$

Ask for an answer to the above question. Seven appears to be correct but then say “oops I’m sorry I forgot to write “ $\$5 + 2 \text{ Quarters} = ?$ ” Now, what is the correct answer? They will say “\$5.50.” You’ll respond, “Oops, I am so sorry. I forgot to state the answer needs to be in pennies.”

Talk about how truthful statements such as the equation above can lead to false conclusions when critical information is missing. Discuss the importance of asking questions when making choices. How might learning more about those around us change the way we think about them?



Communicate the following:

Facts can be stated and lead to wrong conclusions. For example, its commonly stated that Columbus discovered the New World in 1492. However, there were already people here who discovered it. What he did was start the beginning of the European settlement of the New World. Similarly, July 4th is said to be the birth of the United States. However, it is simply the date that the President of the Congress ordered the printing of the Declaration of Independence. The Declaration was signed in August.

These facts are a representation of change in our history. They are great dates to remember to remind us of these ideals. Similarly, there is more to us than what is told on the surface. The way to know more about those around us is to take time to get to know them. Looking for the best in others and spreading kindness along the way will make your day and theirs more enjoyable.

Questions to Ponder:

1. We might a few facts about those around us but how might knowing only a few things lead us to the wrong conclusions?
2. Discuss how gossip relays various facts about those around us and how that can be misleading.

Concluding comments:

It’s important to remember that facts may be misleading if important information is left out. We need to be sure to get to know others before we come to any conclusions about them.



Discussion Session #3

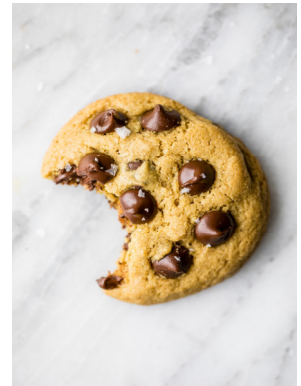
Getting Along with Others

Activity:

Materials Needed: Chocolate Chips & Recipe for Chocolate Chip Cookies

Talk about the bag of chocolate chips. Discuss how delightful it is to each chocolate chip. Perhaps share a few with the class. Now, talk about the recipe given on the bag for making chocolate cookies. What ingredients are necessary to make cookies. A few items will be sugar, eggs, salt and butter. Discuss how we enjoy each of these items separately. Each item has an individual value to us but when combined with the others we can make chocolate chip cookies.

Like the ingredients to chocolate chip cookies, each ingredient is valuable and useful but together they combine to make something enjoyable. We may be different from those around us but together we can do some really nice things.



Writing Exercise:

Have the students write about a time when one person changed their life with a word or action. Have them note how that person's act of kindness made them feel.

Closing comments:

Everyday of our lives we make decisions based on what we see or at least on what we think we see. Rather than taking a quick glance and making a snap judgment that's over in a blink, we need to take a second look with a kind and caring attitude. We can SPREAD KINDNESS to others to encourage and build them up. It's a choice we make each day. One kind word or action can totally change how we and others view the day.

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Discussion Session #4 ***Help Stop Bullying***

Activity:

Materials Needed: 4 pencils

Ask for a volunteer. Give them a pencil and ask them to break it. This should be simple to do. Now, give them three pencils and ask them to break all of them at the same time. This is much more difficult and perhaps impossible.

“Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” A Biblical Proverb

Communicate the following:

You may not be able to stop a bully from teasing, taunting, or physically hurting someone but you certainly can be there to support the person who was bullied. Most bully victims need a friend, someone who will listen to them. Often, the bullying will stop if the victim has someone to hang out with before, after, or during school breaks. You could be that person that keeps the bully at a distance. Remind the victim that they are important. Help them avoid the bully and help them develop confidence. Bullies look for those who are weak. Helping the victim's confidence can go a long way to ending the bullying in their life. Finally, help the victim get help. Encourage them to talk to an adult and be there for them along the way.

Writing Exercise:

Write about a time when you witnessed someone being bullied or teased. What was happening? How might the situation have been different if those standing by got involved in helping the person being bullied? How might being a friend to those who are being bullied help put an end to the bullying or teasing?



Closing comments:

If you are being bullied it is not your fault. You don't deserve it. You have a right to feel safe. You have a right to be heard. It is not an opportunity to grow and develop. It's not supposed to happen. If you see someone being bullied, get a grip on the situation, consider what you'd like others to do if they saw you being bullied, and then do something to help them. SPREAD KINDNESS by being determined to be a part of the solution and stand together with others against bullying.



Discussion Session #5

Kindness Challenge

See how many of these kindness activities your students can accomplish in two days or assign a few of these each day for the next 5 days:

1. Pick up someone else's trash after lunch.
2. Open the door for someone.
3. Talk to someone you don't really know.
4. Play with someone new on the playground.
5. Compliment two classmates.
6. Tell you parents one thing you like about your teacher.
7. High-five four people while walking around or to school.
8. Say an encouraging word to three people at school.
9. Write a positive note to your parents thanking them for something.
10. Encourage someone who is being bullied.
11. Offer to carry something for another person.
12. Eat with someone new at lunch.
13. Try something new that one of your friends likes.
14. Write a thank you note to your teacher.
15. Compliment someone for something they did or how well they did on a test.
16. Say thank-you to the bus driver or crossing guard.
17. Tell a joke.
18. Help someone without being asked.
19. Clean your room and then offer to help clean the kitchen.
20. Help someone with their homework.

Communicate the following:

It really doesn't take too much extra effort to SPREAD KINDNESS. In fact, if we make it a part of our daily lives it will become quite natural and contagious. Together we can work to make our school and safe and enjoyable place to learn.

Writing Exercise:

After several days of the kindness challenge write about the experiences, feelings, and responses to the spread kindness challenge..