

## **ACE CLUB Lesson Plan 1 - KINDNESS**

(Attitude Character Education Club - 5th-8th graders teaching character values to PK-1st)

Schedule- Approximate 5 minute time for each item

- 1.Introduction: Give your name and topic
- 2:Story: Read story using pdf. Project on screen. Be excited. Vary voice. Make story exciting.
- 3.Ask questions every few pages. Questions about story, the character value.
- 4.Personal experience (optional): Tell own story about topic
5. Game: Play "Fill your Bucket" game with children
6. Activity: Do heart activity.
7. Video: Play video on projector. Give out snacks.

### **Intro**

Hi my name is \_\_\_\_\_ (person 1).Hi my name is \_\_\_\_\_ (person 2). Hi my name is \_\_\_\_\_ (person 3, person 4.) Today we are going to learn about KINDNESS. (person 1)

**Read Story** from projector screen (and book) - ***HAVE YOU FILLED A BUCKET TODAY?***

Summary - Through simple prose and vivid illustrations, this heartwarming book encourages positive behaviour as children see how rewarding it is to express daily kindness, appreciation, and love. Bucket filling and dipping are effective metaphors for understanding the effects of our actions and words on the well being of others and ourselves.

On projector go to link

**exact pdf book**

<http://www.oldbridgeadmin.org/files/805645/have%20you%20filled%20a%20bucket%20today.pdf>

**book site**

<http://www.oldbridgeadmin.org/MadisonPark.cfm?subpage=805645>

Read story off screen; each person reads half starting with person 2. Explain each picture.

**Questions-** about HAVE YOU FILLED A BUCKET TODAY?

Examples of questions

- 1.What is the lesson of the story?
2. Do you follow kindness everyday?
3. What was your favorite part or picture of the story?
4. How could you practice kindness - how can you fill someone's bucket? at school, at home
5. What else did you learn from this story?

### **Own experience (example)**

We will tell a story about kindness that we know. For example one day my brother and I were playing soccer at a camp. There was a child who could not play soccer well and did not want to play.. We gave him the ball and as goalie let him score. Others then also let him have the ball and let him score. This made him very happy. Then he really wanted to do better and he started playing. We also felt happy about what we did.

### **Games/Activity**

#### **----Game 1**

Have a bucket and bag of slips.

Each child pulls out a slip, we read it to them and child determines whether it is kind or unkind.

Have them put a star into the bucket if action is kind - filling your bucket.

Have them take one star out if it the activity is unkind - NOT bucket filling.

Discuss why each goes in the correct bucket.

Different Way to Do: read scenarios to kids. If kind action they FILL THE BUCKET and put a smiley face in bucket. If not kind action they take out a smiley face from bucket.

#### **----Game 2**

All kids get paper hearts. They get to draw on the heart.

Have them crunch the heart up. Then they have to fix the heart back again, with tape.

Is the heart completely same as before?

Discuss how not being kind hurts people and how hard it is to fix. Like the heart with crumples.

### **Video**

Watch the video [Pay It Forward](#). Explain what is happening in each scene.

### **Equipment Needed:**

- computer to show pdf book and play video from Youtube
- projector and screen
- list of children's names to call on and If teachers can help us by being there
- cutout hearts.
- buckets, smiley faces. Slips with different actions or list of different kind and not kind actions