

Kindness

KINDNESS means to be gentle and generous toward others.

LESSON 1

Explain the meaning of **KINDNESS** to students. Discuss how a person of good character shows kindness. Tell students that there are different ways to show kindness. Write the heading, **Nice Words** on the board: Read: **You can show kindness to someone by saying nice words.** Call on students to give examples of a time when they said something nice to someone. Discuss their responses and encourage them to look for ways to show kindness through the words they say throughout the day. Write the following poem on the board. Ask students to recite it and to add additional lines to it.

**People may be kind to you.
If you're kind and loving too.**

***School/Home Link** Tell students to repeat the poem to a family member and discuss the importance of saying nice words, doing good deeds, and thinking kind thoughts.*

LESSON 2

Review the meaning of **KINDNESS**. Explain that a kind person helps others when they are in need. Say: **Let's think of some kind things that we can do.** Ask: **What if your mom was cleaning the kitchen by herself?** (Allow for responses) **What kindness can you show?** (Allow for responses) **What if your friend was hot and thirsty?** (Allow for responses) **What kindness can you show?** (Allow for responses) As time allows, think of other What ifs to ask students and encourage them to respond to the What ifs by doing a kind act for someone.

***School/Home Link** Tell students to do something kind for a family member.*

LESSON 3

Review the meaning of **KINDNESS**. Ask students if they can remember something kind they did yesterday evening or this morning. Allow time for sharing. Teach the following song to the tune of **Mary Had a Little Lamb**.

**When I see someone in need... one in need... one in need.
When I see someone in need... I help with a kind deed.**

Repeat the verse several times. Tell students to think of the tune throughout the day to remind them to do kind deeds for others.

***School/Home Link** Tell students to sing to a family member the song about kindness and to look for opportunities to show kindness.*

LESSON 4

Review the meaning of **KINDNESS**. Read: **Showing kindness makes others happy and makes people smile.** Write the title Kind Happy Faces on the board. Explain to students that a smile can brighten someone's day. Read: **Smiles help cheer people up. It is good to smile to help make others happy.** Draw a circle on the board and add two eyes, a nose and a big smile to create a happy face. As time allows, ask students to do the same on a sheet of paper. Tell students to smile often throughout the day.

***School/Home Link** Tell students to show the picture of the smiley face to a family member. Tell them to smile when family members show kindness.*

LESSON 5

Review the meaning of **KINDNESS**. Emphasize that a person who is kind says nice things to others. Have students sit in a circle. Tell students they will play a game called **Say It Nice Game**. Begin the game by saying something nice to one of the students. That student will then in turn say something nice to the person sitting on the right side of him or her. Each child will in turn say something nice to the person on their right until all children have received a nice comment. Culminate the activity by telling students they don't have to play a game to say nice things to others.

***School/Home Link** Tell student to play the Say It Nice Game with a family member and to have fun!*