



# Kindness

**KINDNESS** means to be gentle and generous toward others.

## LESSON 1

Explain the meaning of **KINDNESS** to students. Explain that a person of good character shows kindness. Explain that there are different ways to show kindness. Write the following three headings on the board: **Nice Words, Good Deeds, Kind Thoughts**. Read: **You can show kindness to someone by saying nice words, by doing good deeds, and by thinking kind thoughts**. Call on students to give examples of how they can show kindness, and write their answers under the appropriate heading. As time allows, instruct students to write a poem to demonstrate ways to show kindness. Display the poems in the classroom.

**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**. Read: **"Don't wait for people to be friendly, show them how." Kind words can change a person's feelings and improve their attitude. If we show kindness to someone, they may want to be kind in return.** Have students pair with a partner. Instruct one student in the pair to say something kind to their partner. Ask the other partner to repay the compliment with another kind comment. Once complete, ask the following question: **Was it easy to repay the kind comment? What if the comment had been unkind or mean? Would it have been harder to say something kind?**

*School/Home Link Ask students to share a kind comment with a family member.*

## LESSON 3

Review the meaning of **KINDNESS**. Tell students you will read an example of a courageous act of kindness. Read: **Pete's older sister, Cassie, was seriously injured in a car accident. She had a rare blood which matched Pete's. Cassie needed a blood donor immediately. The doctor asked Pete if he would donate some of his blood to his sister. Pete turned ghostly white, before nodding his head in agreement. After giving blood, he looked up at his mom and asked with wide, moist, eyes, "How much longer do I get to live?"** Invite students to explain what the greatest act of kindness was that Pete displayed. As time allows, call on students to tell what they would have done if in a similar situation.

*School/Home Link Tell students to think of a special kindness they can do for a family member this evening and do it.*

## LESSON 4

Review the meaning of **KINDNESS**. Explain to students that when they share kindness with one another, they discover for themselves the power of kindness to effect positive change. When kindness is expressed, healthy relationships are created, community connections are nourished, and people are inspired to pass on kindness. Call on each student to think of a random act of kindness they can perform. Have each student name something they can do to show kindness. As time allows, ask student to create a personal list of as many acts of kindness they can remember from the class exercise. Challenge students to perform the acts of kindness on their lists.

*School/Home Link Tell students to create a list of Random Acts of Kindness with a family member.*

## LESSON 5

Review the meaning of **KINDNESS**. Emphasize that a person who is kind gives compliments to others. Model giving a compliment. Tell students they will play a game called the **Compliment Chain**. Instruct students to stand up. Give a compliment to the first student on the row. Tell that student to turn around and compliment the student behind him or her. That student will then turn to the person behind him or her and give a compliment. and so on, until the last student has received a compliment. The last student will give a compliment to you. If time allows, ask students to share how it felt to give and receive kind words.

*School/Home Link Tell students to play the **Compliment Chain** with a family member and to have fun!*