



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. Discuss their ideas and encourage them to look for ways to show kindness. 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**. 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 to close their eyes and listen for the question, **What kindness will you show?** Ask them to imagine what they would do or say. Read: **You are ready to leave for school and you notice that your baby brother has spilled cereal pieces on the floor. (What kindness can you show?) Later on, you are playing with your friend and a new person comes to the park. His clothes are old and dirty and he doesn't have anyone to play with. (What kindness can you show?) At the dinner table, your mom puts vegetables that you do not like on your plate. (What kindness can you show?) At bedtime, your mom tells you to brush your teeth and clean your room. You really want to watch TV. (What kindness can you show?)** Explain to students that they have opportunities throughout the entire day to show kindness.

School/Home Link Ask students to talk with a family member about the opportunities there are throughout the entire day to show kindness.

LESSON 4

Review the meaning of **KINDNESS**. Lead a discussion on how different the world would be if everyone took every opportunity to be kind to each other. Ask: **How would your school, church, or neighborhood be different if everyone showed kindness? How would it be different if you took every opportunity to be kind to others?** Instruct students to write a story using the following topic sentence: ***The Day Everyone was Kind.*** As time allows, have students read their paragraphs aloud.

School/Home Link Tell students to ask a family member to describe what their family would be like if everyone took every opportunity to be kind.

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!*

Louisiana Content Standards and Grade Level Expectations

ELA-1-E6, ELA-4-E2, ELA-4-E5, ELA-4-E7, ELA-3-E3, ELA-7-E1, ELA-7-E2, ELA-7-E4