

A TIP OF THE HAT DAILY KINDNESS



Grade: K-Adult

Month: February

Lesson Focus and Goals:

Compassion and Kindness. Compassion is our ability to understand other people's feelings and situations, while kindness is more about the actions we take to show others that we support and care about them. When we take the time to understand people's needs we are able to better help them and the world.

Materials Needed:

A Hat
Scraps of Paper
Pencils/Pens/Markers
Notebook or Journal for Recording

Learning Objectives:

What is Compassion?
What is Kindness?
How can we put compassion into action through kindness?

Structure / Activity:

Step One: Talk to participants about the importance of understanding and helping others.

Step Two: Have participants work together to brainstorm ways that they can show kindness every day.

Step Three: Once there's a good list of ways to show kindness, have participants collect all of the ideas and put them into a hat and give it a good shake.

Step Four: Have participants take turns pulling one of the acts of kindness out of the hat. Have them share what they pulled with the group, and ways that they are going to try to enact the action they selected.

Step Five: Have participants keep a log of how they attempted to complete their random act of kindness that they selected for one week. When that week is over, have participants pull a new action they can use the next week.

Take Aways:

This is a great time to talk about the importance of understanding others' feelings and situations. It is also a great time to discuss the benefits of being kind to others, but also evaluate situations that may make it difficult to demonstrate the kindness you are trying to show. Challenge participants to use their understanding of others to better provide help and support.