

Lucky Dog Humane Education

Lesson – Acts of Kindness

Aligns to the following Common Core Standards for K-5

(ELA = English Language Arts)

! **ELA Speaking and Listening** - Standards 1, 2 & 4

! **ELA Literature** – 1 & 2

! **Critical Thinking** - Proficiency #1 - *Analyze, Evaluate, Problem Solve*

Aligns to Social Emotional Learning Outcomes

! **Self Awareness:** Identifying emotions, thoughts and values

! **Self Management:** Self-discipline - Impulse control

! **Social Awareness:** Perspective-talking - Empathy - Respect for others - Diversity

! **Relationship Skills:** Communication - Relationship building

OBJECTIVE: To inspire children to create a ripple effect by performing random acts of kindness throughout the day

PREPARATION: Students will meet PAWfessor Calista and learn about the POWER OF KINDNESS & FRIENDSHIP, and about valuing ourselves and everyone in the world. She teaches us to live in the moment, to see the beauty in everyone, and to sprinkle kindness everywhere we go.

IMPLEMENTATION:

After students meet Calista and participate in her kindness lesson, the classroom teacher will lead a discussion on the importance of kindness and acceptance. The teacher will read the book *Have You Filled a Bucket Today?* – By Carol McCloud and then show the students a stack of “Acts of Kindness” (written on index cards or sticks). Each child will pull a new “school” Act of Kindness each morning. (Encourage children to try to perform their act during the school day.) At the end of the day the teacher will pull one “class act” for all the kids to try to do that evening while with their family. The students can journal about how doing their act of kindness made them feel, how it was received, and any other thoughts and feelings in their “kindness journal” each morning.

Materials:

“Acts of Kindness” list (in resources), Popsicle sticks or index cards

Concepts: Teaching the importance of being kind.

CONCLUSION: Do new acts of kindness each day (or 2-3 times a week) for a month. Discuss periodically how the children feel when they are being kind. At the conclusion, have children tell favorite memories of any kindness act they performed, and have them think about and discuss ways they can continue to be kind.

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