

# Lucky Dog Humane Education

## Lesson 5 – 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:** Teacher or Presenter will lead a prepared discussion that includes meeting a Pawfessor and/or reading the Book *A Different Little Doggy* By Heather Whittaker. This will give students a basic understanding of diversity and the importance of being kind.

### **METHOD:**

- Lucky Dog H.E. presenters (or classroom teacher) will use a combined Pawfessor, Video & Storybook presentation, accompanied by posters, puppets, and props – The children will be introduced things that make people and animals truly special. (being a good listener, making others feel important, being unique, seeing the good in everybody, being an individual)

- Presenters will leave expansion activities for the classroom. These activities will help teachers promote compassion for animals and compassion in the classroom. They will also inspire children to understand that they, too, can participate in positive change for shelter animals, stray animals, and pet overpopulation as well as be part of a positive and inclusive environment for themselves and their peers.

### **IMPLEMENTATION:**

After participating in the Inclusion and Diversity lesson and story, 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.

### **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.