

Ripple of Kindness

A Kids Are Fantastic SEL Digital Lesson Plan

Grade Levels: K–5 (easily adaptable)

Duration: 30–45 minutes

SEL Focus: Empathy, Kindness, Social Awareness, Community

Format: Digital Story + Discussion + Movement/Reflection

Learning Objectives

By the end of this lesson, students will be able to:

- Understand how **small acts of kindness can create big impacts**
 - Identify kind words and actions they can use daily
 - Reflect on how kindness affects others and themselves
 - Practice empathy and positive social behavior
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Materials Needed

- *Ripple of Kindness* video
 - Chart paper or whiteboard
 - Crayons/markers/pencils
 - Optional: Kindness reflection sheet or journal
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Lesson Breakdown

1 Warm-Up: Setting the Tone (5 minutes)

Teacher Prompt:

“Has anyone ever done something kind for you that made you feel really good?”

Let a few children share briefly.

Introduce the Idea:

“Today we’re going to watch a story about how kindness spreads—just like ripples in water.”

(Optional: Demonstrate ripples by tapping a desk or imagining a stone dropped in water.)

2 Watch the Digital Story (5–7 minutes)

 **Play: Ripple of Kindness | A Kids Are Fantastic SEL Story**

Encourage students to:

- Notice how someone's actions can affect others.
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3 Guided Discussion (10 minutes)

Ask age-appropriate questions such as:

- What was the **conflict** you noticed?
- How did the characters feel after the conflict?
- Can one small action really make a difference? Why?

✨ **Key Message to Reinforce:**

“Kindness doesn’t have to be big to be powerful.”

5 Reflection Activity: Create a Kindness Ripple (10 minutes)

Option A: Drawing

- Draw a ripple in water
In each ripple, write or draw:
 - A kind word
 - A kind action
 - Someone they can help

Option B: Group Share

- Sit in a circle
- Each child finishes the sentence:

“One ripple of kindness I can create today is...”

6 Closing & Affirmation (3 minutes)

End with this group affirmation (call-and-response style):

Leader: “I can make a difference.”

Kids: “I can make a difference.”

Leader: “With my words...”

Kids: “With my words.”

Leader: “With my actions...”

Kids: “With my actions.”

Leader: “I create ripples of kindness!”

Kids: “I create ripples of kindness!”