

**Standards:** PE.4.R.5.2 List ways to encourage others while refraining from insulting/negative statements. PE.4.R.5.3 Demonstrate respect and caring for students with disabilities through verbal and non-verbal encouragement and assistance.

**Goal:** Students will be able to demonstrate what it means to be kind to others.

**Scale:**

- 1- I do not know what it means to care for others.
- 2- I can identify one way to care for someone else.
- 3- I can identify at least 3 ways to care for others in the world around me.
- 4- I can identify 3 or more ways to care for others and I can teach others to do the same.

### Materials:

- Kindness Bingo board
- Paper for students to write on
- Small paper for students to write their name on
- Cup to put names in
- How to change the World- Kid President video:  
<http://ed.ted.com/on/iT4P09VO>

### Procedure:

**DQ2: Intro/Review/Engage:** Begin the lesson by asking what would make the world a better place to live in. Show students the *How to change the World- Kid President* video:  
<http://ed.ted.com/on/iT4P09VO>

**DQ2: Direct Instruction:** Ask: What does kindness mean? What are ways that you can show kindness at school, home and to the environment? How do I feel when someone is kind to you?

Introduce them to the idea of "Random Acts of Kindness" (There is a random acts of kindness bingo sheet that can give



them a lot of ideas) Share with the students that it is important to remember that when you perform a random act of kindness that the receiver does not always have to know it is you who is doing the random act. Encourage them to use the bingo card as a way to remember to preform random acts of kindness.

**DQ2: Shared Practice:** Have students write their name on a small piece slip of paper and ball it up. Place all of the names in a cup and have each student draw out a name (be sure they do not get their own name). Share with the students that they are going to look at the name on their new slip of paper, think of something kind to say to that person and then write down a kind compliment for that student. They can also write down what makes that person special (you may have to have a discussion about possible things to write down).

**DQ3, 4: Independent Practice:** Pass out paper to students and have them write a down what makes the person special. They can draw a picture to go along with their kind words. Circulate the room and monitor what they are writing to be sure they are not being unkind in their writing. Share the kindness bingo card and challenge student to complete it throughout the week!

**Q 1: Check for Understanding/Assess:**

Reflection:

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# Kindness game

SMILE AT 10 PEOPLE

SLIP A NICE NOTE  
INTO SOMEONE'S  
BACKPACK

LEARN TO SAY  
THANK YOU IN  
A NEW LANGUAGE

SIT WITH A NEW  
PERSON OR GROUP  
OF PEOPLE AT  
LUNCH

GIVE SOMEONE A  
HIGH FIVE

HOLD THE DOOR  
FOR SOMEONE

MAKE A THANK YOU  
CARD FOR YOUR  
TEACHER

FIND SOMETHING  
YOU HAVE IN  
COMMON WITH  
A CLASSMATE

CREATE YOUR OWN  
KIND DEED...

ASK SOMEONE  
ABOUT THEIR DAY

COMPLIMENT  
SOMEONE

WRITE DOWN THREE  
REASONS YOU ARE  
PROUD OF YOURSELF

