

Grade Levels:	PKK/ G1/ G2
Objective	Kindness/ RAK
Essential Questions	<p>What is kindness? How can we show kindness? What are Random Acts of Kindness?</p>
Activities	<ol style="list-style-type: none"> 1. What is Kindness? Discussion <ol style="list-style-type: none"> a. Who can tell us what kindness is? <ol style="list-style-type: none"> i. PKK- Call Out and add to poster. ii. G1 & 2- Turn to your neighbor and discuss. Then we will take turns sharing our ideas and writing onto a poster. b. How can we show kindness? <ol style="list-style-type: none"> i. PKK- Call Out and add to poster. ii. G1 & 2- Turn to your neighbor and discuss. Then we will take turns sharing our ideas and writing onto a poster. 2. Activity: <ol style="list-style-type: none"> a. PKK: Introduce the photos for Kindness Bingo- <ol style="list-style-type: none"> i. We will talk about each photo and I will ask the students to explain what they think shows kindness in the picture. ii. Kindness Bingo: <ol style="list-style-type: none"> 1. I will hide photos from the Bingo Sheet around the room. I will give students the following instructions: 2. I have hidden photos of these acts of kindness all over the room. You will work with your partners to find the pictures. 3. When you find a picture, you need to draw an X over the picture, on your bingo sheet! 4. The first group to find ALL the photos, wins! 5. THEN we will add the photos to the poster where we wrote all the things we can do to show kindness. b. G1&2: Charades! <ol style="list-style-type: none"> i. Students will be split into groups and each group will have a chance to act out scenarios from a card. ii. The other groups will have to decide if what they are doing is KIND or UNKIND. <ol style="list-style-type: none"> 1. They will use a handheld marker to show

	<p style="text-align: center;">which one they think it is.</p> <ol style="list-style-type: none"> 3. Kindness Chain: (This may need to be completed outside of the Counseling Lesson, BUT I will explain everything to the students and have all materials ready to go for you.) <ol style="list-style-type: none"> a. Each student will have a colored piece of paper with their name on it and we will take turns sharing what makes that person kind, or a good friend. <ol style="list-style-type: none"> i. This thing will be written on the back of their name paper. (opposite of their name) ii. Then we will work together to build out “Kindness Chain” by linking the papers together. 4. I will explain the RAK Challenge and how we add to our chain. <ol style="list-style-type: none"> a. Explain Random Acts of Kindness b. Show the students the paper slips c. Remind them of things they can do to show kindness d. Explain how a link gets added to the chain. e. Give the papers and “Kindness Chain” to teachers for display and safe keeping. 5. Kindness VIDEO!: https://youtu.be/BXAo_5voOp0 if there is any time remaining.
Enduring Understandings	<p>Why kindness is important. Different ways that we can be kind to people. Identifying kindness in our lives.</p>
Reflections	