

# BE KIND

## Synopsis

When Tanisha spills grape juice all over her new dress, her classmate contemplates how to make her feel better and what it means to be kind. From asking the new girl to play to standing up for someone being bullied, this moving and thoughtful story explores what a child can do to be kind, and how each act, big or small, can make a difference - or at least help a friend.

## Lessons and objectives

To we going to touch on the emotional skill of social responsibility. Kindness is at the centre of social responsibility and perhaps the best way to be kind is by doing little things that can build into a culture of kindness that affects everyone.

## Materials Needed

- Rocks
- Paint
- Paint brushes
- Water bottle
- Black Markers
- A4 paper
- Leather
- Scissors
- Wool
- Black Marker
- Beads

## Discussion Questions

1. Have children share a time when someone was kind to them. Similarly, have them discuss times when they experienced unkindness.
2. What are some synonyms for “kind?”
3. What is the opposite of kind?
4. How does it make you feel when someone is kind?
5. How does it make you feel when someone is unkind?
6. How can you be kind to people who are mean to you?
7. What are some of the ideas in the book that you can do to be kind?
8. What kind act did the girl in the book do for Tanisha?

## Activities:

1. Vocab - Trash Ball
2. Kindness Rocks
3. Kindness Skits
4. Kindness Keytags

# KINDNESS ROCKS

## Lesson Focus and Goals

Today you going to talk about what kindness means and make some kindness rocks. You can then talk about how to use the kindness rock garden in your group.

## Materials Needed

- Rocks
- Paint
- Paint brushes
- Water bottle
- Black Markers

## Do an Introduction

Begin by talking about what kindness means and how it feels with your group.

Talk about the 'warm fuzzies' you get when you are kind to others and how it makes you feel when someone is kind back to you.

As a group, brainstorm kind words that can be written on the rocks. Then, it's time for the fun part... decorating the kindness rocks.

## Activity

Let each child pick a colour and paint a rock.

When the Rock is dry they can use the markers to write their kind words on.

They can then decorate the Rock with other paint colours if they want.

## End Discussion

When the rocks are done you can put them somewhere outside or decide how you want the rock garden to be managed. Encourage children to create their own kindness rocks at home to bring in and add to the garden. Perhaps the children can pick a rock that will help them during that week return it at the next club for someone else to enjoy. Or, perhaps at the beginning of each day children partner up and pass kindness rocks to one another. The options are endless...

# KINDNESS SKITS

## Lesson Focus and Goals

Role-playing different situations with the children helps prepare them for being kind at the moment and encourages compassionate responses. Today they will create their own skits around kindness.

## Activity

Divide the children into 2 or 3 groups and ask them to create a skit about kindness. That explains kindness and gives different examples of being kind.

# KINDNESS KEY TAGS

## Lesson Focus and Goals

We will print a picture of each child to do the activity with. So they need to take their picture and stick it down and use the craft papers to make a volcano coming out of their mouths.

## Materials Needed

- A4 paper
- Scissors
- Black Marker
- Leather
- Wool
- Beads

## Activity 1 - Beaded Key Rings

Discuss all the different ways you can be kind from the book. List them by writing them out on a piece of paper and give each action a colour that matches a bead.

You are now going to make a key ring to remind yourself of all the different acts of kindness you can practice daily. Give each child 5 beads.

**Step 1:** Draw the first letter of your name on the back of a piece of leather.

**Step 2:** Cut out your letter. Remember that kindness begins by being kind to yourself.

**Step 3:** Make a small hole at the top.

**Step 4:** Now you will string the beads and as you add every colour remember the different acts of kindness associated with every colour.

**Step 5:** Let every child share their different acts of kindness!

