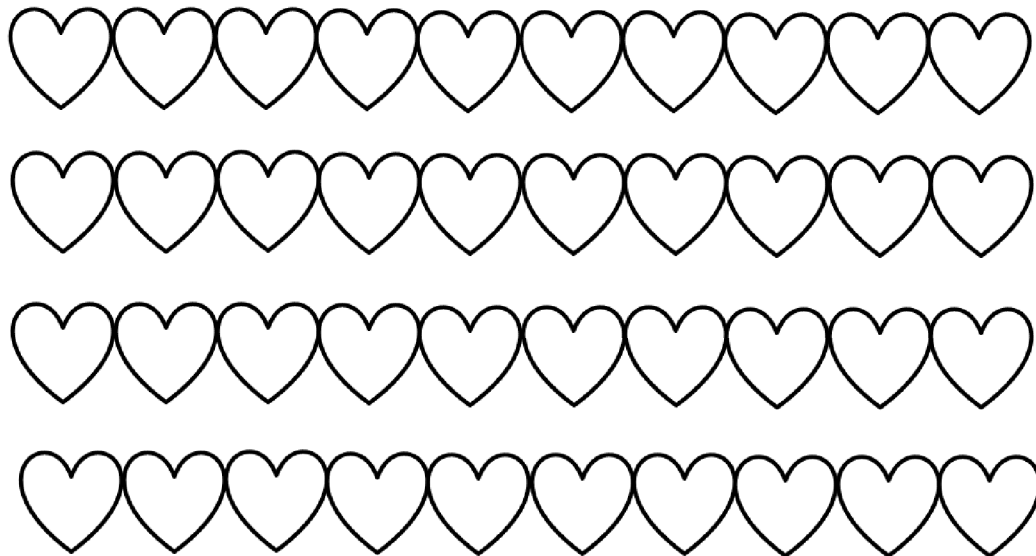


BEING KIND

Lesson Plans and Activities

Kindness Counter

Every time you do a kind deed, you put a smile on someone's face in need. Color one heart for every kind thing you do for others.



© The Happy Learning Den

KINDNESS

Being kind isn't simple, because it's not one thing. It's many things. It's how you treat other people when no one is looking. It's treating others the way you want to be treated. It's doing something for someone without expecting something in return.

Kindness is:

- being helpful
- being considerate
- being mindful of others
- being an includer
- being a good friend

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By The Happy Learning Den

THANK YOU



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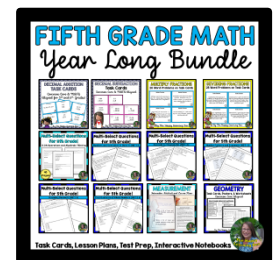
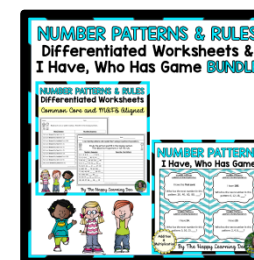
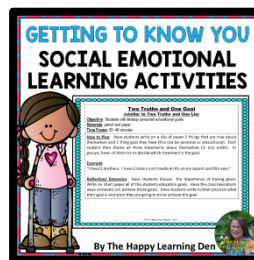
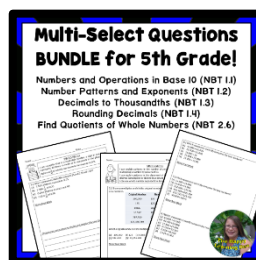
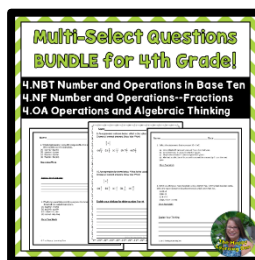
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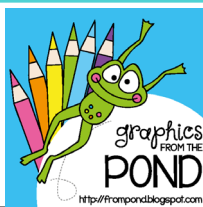
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TAKE A LOOK AT THESE PRODUCTS



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Description

Character education has become an integral part of today's curriculum. Teaching character teaches critical social and emotional skills, and also reinforces, celebrates, and recognizes important inter-personal and intra-personal competencies that focus on the "the whole child."

Bullying is a major epidemic facing today's schools and children. From stealing someone's lunch money to spreading rumors online, bullying takes place everywhere—and it's up to students, teachers, and parents to put an end to it by fostering awareness, tolerance, and kindness. *Being kind isn't always easy, for children or adults.*

It's important that we explicitly teach empathy, kindness, and compassion to our students. We cannot assume they already know what these traits encompass. And sometimes, it's just nice to have a reminder of what kindness entails.

This download includes lessons and resources to help teach kindness in your classroom. You can easily use one lesson or activity per day, week, or month depending on the needs of your class.

I sincerely hope the lesson plans and activities in this packet help you teach your students what it means to be kind to others, and how they can demonstrate it daily.

Have a wonderful school year!

-Sandra @The Happy Learning Den

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Reflecting on Taylor Swift's song "Mean:" Being Kind not Mean to Others

Time Frame: 60 minutes

Lesson Overview:

Singer, Taylor Swift, wrote the song, "Mean." It is about someone who treats others in a mean or unkind way. This lesson will help your students analyze the effects bullying has on others and reflect how they show kindness to others.

Lesson Objectives:

Students will be able to:

- Analyze song lyrics
- Reflect and decide how to be kind to others

Keywords:

stanza, refrain, analyze, reflect, inference, imagery, kindness

Materials Needed:

- Computer and Internet connection
- Projector to display video: <https://www.youtube.com/watch?v=jYa1eI1hpDE>
- Copies of the lyrics to "Mean" for students
- Copies of the Analyzing and Reflecting worksheet
- Highlighters and pencils

DO:

- Show the video <https://www.youtube.com/watch?v=jYa1eI1hpDE> to your students without interruption.

(continued)

ASK:

- In the video, three different bullying scenes are shown. What are they? (*Answer: boy on a bench, diner waitress, girl at lunch*)

DO:

- Pass out the song lyrics for "Mean" and play the video again. Have students follow along.
*Warning: Be prepared for students to sing-along. 😊

ASK:

- In scene 1, there is a boy on a bench:

What is happening in the scene?

What type of person is giving another a hard time?

Why is that person bullying someone else?

Why is the target being bullied?

Looking at that scene, who is responsible to stand up to the bully, if anyone?

- In scene 2, there is a waitress in a diner:

What is happening in the scene?

What type of person is giving another a hard time?

Why is that person bullying someone else?

Why is the target being bullied?

Looking at that scene, who is responsible to stand up to the bully, if anyone?

- In scene 3, there is a girl at lunch:

What is happening in the scene?

What type of person is giving another a hard time?

Why is that person bullying someone else?

Why is the target being bullied?

Looking at that scene, who is responsible to stand up to the bully, if anyone?

(continued)

DO:

- Pass out the Analyzing and Reflecting worksheet. Tell students that they are going to analyze the song.
- Before students answer the questions, read through the questions with them aloud. There may be words that not all students understand or are familiar with (imagery, simile, etc.).
- Place students in groups of two or three and allow a "productive struggle." (Note: Productive struggle is the process of effortful learning that develops grit and creative problem solving. Productive struggle is a state of engagement that allows students to work through challenging problems they have never seen before. In this way, making things harder on your students so they will stretch their brains can be a good thing.)
- Direct students to think about each question, highlight the evidence, and write their answers in complete sentences.
- Once all students have completed the worksheet, regroup students and have them go through the questions again. This time have students use a different color highlighter (or light marker) as they discuss their answers and find possible new text evidence.
- Once all students have completed the task, go over the answers.

Mean

By Taylor Swift

Stanza 1

You, with your words like knives
And swords and weapons that you use against me
You, have knocked me off my feet again
 Got me feeling like a nothing
You, with your voice like nails on a chalkboard
 Calling me out when I'm wounded
 You picking on the weaker man
Well you can take me down with just one single blow
 But you don't know, what you don't know...

line 1
line 2
line 3
line 4
line 5
line 6
line 7
line 8
line 9

Refrain

Someday I'll be living in a big ol' city
And all you're ever going to be is mean
Someday I'll be big enough so you can't hit me
And all you're ever going to be is mean
 Why you gotta be so mean?

Stanza 2

You, with your switching sides
And your wildfire lies and your humiliation
You, have pointed out my flaws again
 As if I don't already see them
 I walk with my head down
Trying to block you out 'cause I'll never impress you
 I just wanna feel okay again.

Stanza 3

I bet you got pushed around
 Somebody made you cold
 But the cycle ends right now
 Cause you can't lead me down that road
 And you don't know, what you don't know...

Mean

By Taylor Swift

Refrain

Someday I'll be living in a big ol' city
And all you're ever going to be is mean
Someday I'll be big enough so you can't hit me
And all you're ever going to be is mean
 Why you gotta be so mean?

Stanza 4

And I can see you years from now in a bar
 Talking over a football game
 With that same big loud opinion
 But nobody's listening
Washed up and ranting about the same old bitter things
Drunk and grumbling on about how I can't sing
 But all you are is mean.

 All you are is mean
And a liar, and pathetic, and alone in life
And mean, and mean, and mean, and mean

Refrain

 But someday I'll be living in a big ol' city
And all you're ever going to be is mean, yeah yeah
Someday I'll be big enough so you can't hit me
And all you're ever going to be is mean
 Why you gotta be so (mean) ?

Refrain

Someday I'll be living in a big ol' city
 (Why you gotta be so mean?)
And all you're ever going to be is mean
 (Why you gotta be so mean?)
Someday I'll be big enough so you can't hit me
 (Why you gotta be so mean?)
And all you're ever going to be is mean
 Why you gotta be so mean?

Name _____ Date _____

"Mean" by Taylor Swift
Analyzing and Reflecting Song Lyrics

Answer in complete sentences.

1) In the first stanza, find the two similes that the writer uses.

2) What does the first simile mean?

3) What does the second simile mean?

4) In the first four lines of Stanza 1, what inference can you make as to what the other person has done repeatedly to the writer's self-esteem?

5) In Stanza 2, why do you think the writer uses wildfire to describe lies? Think about things that a wildfire suggests.

6) In Stanza 2, what does the writer reveal about herself?

Name _____ Date _____

"Mean" by Taylor Swift
Analyzing and Reflecting Song Lyrics

Answer in complete sentences.

7) In Stanza 3, lines 1 and 2, what does the author infer happened to the other person to make him/her the way he/she is?

8) What does the writer predict will happen to the other person in the future?

9) What does the writer predict for herself in the future?

10) In the video, three different bullying scenarios are described. Explain each scenario (by thinking about the characters in the realistic scenes and how they are treated or treat someone else). Explain how you would show kindness to the people in that each scenario.

11) What is one way you can show kindness to others?

12) Tell about a time someone showed kindness to you and how it made you feel.

ANSWER KEY

"Mean" by Taylor Swift Analyzing and Reflecting Song Lyrics

- 1) In the first stanza, find the two similes that the writer uses and write them on the lines. The two similes in the first stanza are "words like knives" and "your voice like nails on a chalkboard."
- 2) What does the first simile mean? The first simile describes how words can hurt as much as a knife would cutting into our hearts.
- 3) What does the second simile mean? The second simile refers to the sound of the bully's voice hurting her when she's already upset.
- 4) In the first four lines of Stanza 1, what inference can you make as to what the other person has done repeatedly to the writer's self-esteem? The writer has had her self esteem receive a blow by his hurtful words before and now she's dreading them again.
- 5) In Stanza 2, why do you think the writer uses wildfire to describe lies? Think about things that a wildfire suggests. A wildfire spreads quickly as lies can. A wildfire can hurt or kill things in its path and is difficult to control as lies are.
- 6) In Stanza 2, what does the writer reveal about herself? The writer has moments of low self esteem and has let the other person make her feel even lower about herself.
- 7) In Stanza 3, lines 1 and 2, what does the author infer happened to the other person to make him/her the way he/she is? The writer thinks the other person was treated badly by someone else. This kind of abuse is cyclical.
- 8) What does the writer predict will happen to the other person in the future? The writer predicts the other person will be drinking and giving opinions and no one will be listening.
- 9) What does the writer predict for herself in the future? The writer predicts she will be living in a big city and be so big herself that the other person can never "hit" her again.
- 10.) In the video, three different bullying scenarios are described. Explain each scenario (by thinking about the characters in the realistic scenes and how they are treated or treat someone else). Explain how you would show kindness to the people in that each scenario. Answers will vary. Accept any reasonable answer.
- 11) What is one way you can show kindness to others? Answers will vary. Accept any reasonable answer.
- 12) Tell about a time someone showed kindness to you and how it made you feel. Answers will vary. Accept any reasonable answer.

How to Recognize and Demonstrate Kindness

Time Frame: Introduction 15 minutes (use lesson for one or more months)

Lesson Overview:

Students need practice and lessons on how to be kind to others. It is something that needs to be taught and modeled to all.

Lesson Objectives:

Students will be able to:

- Recognize others being kind
- Demonstrate kindness to others

Keywords:

kindness

Materials Needed:

- Projector or computer to display "How to Recognize Kindness" Posters

DO:

- Show the Recognizing Kindness posters to students. Discuss the bullet points with students.
- Display and go over the How to Recognize Kindness explanation and heart worksheets.
- Explain that the minimum for the challenge is one kind deed per day, but that there are forty hearts for children to go above and beyond.
- Pass out the Kindness Counter.
- Prepare yourself for kindhearted children to rule the world! 😊

How To Recognize Kindness



- Smiling faces
- Mouth speaking kind words
- Brain thinking kind thoughts
- Hands helping others

How To Recognize Kindness



- Smiling faces
- Mouth speaking kind words
- Brain thinking kind thoughts
- Hands helping others

How To Recognize Kindness

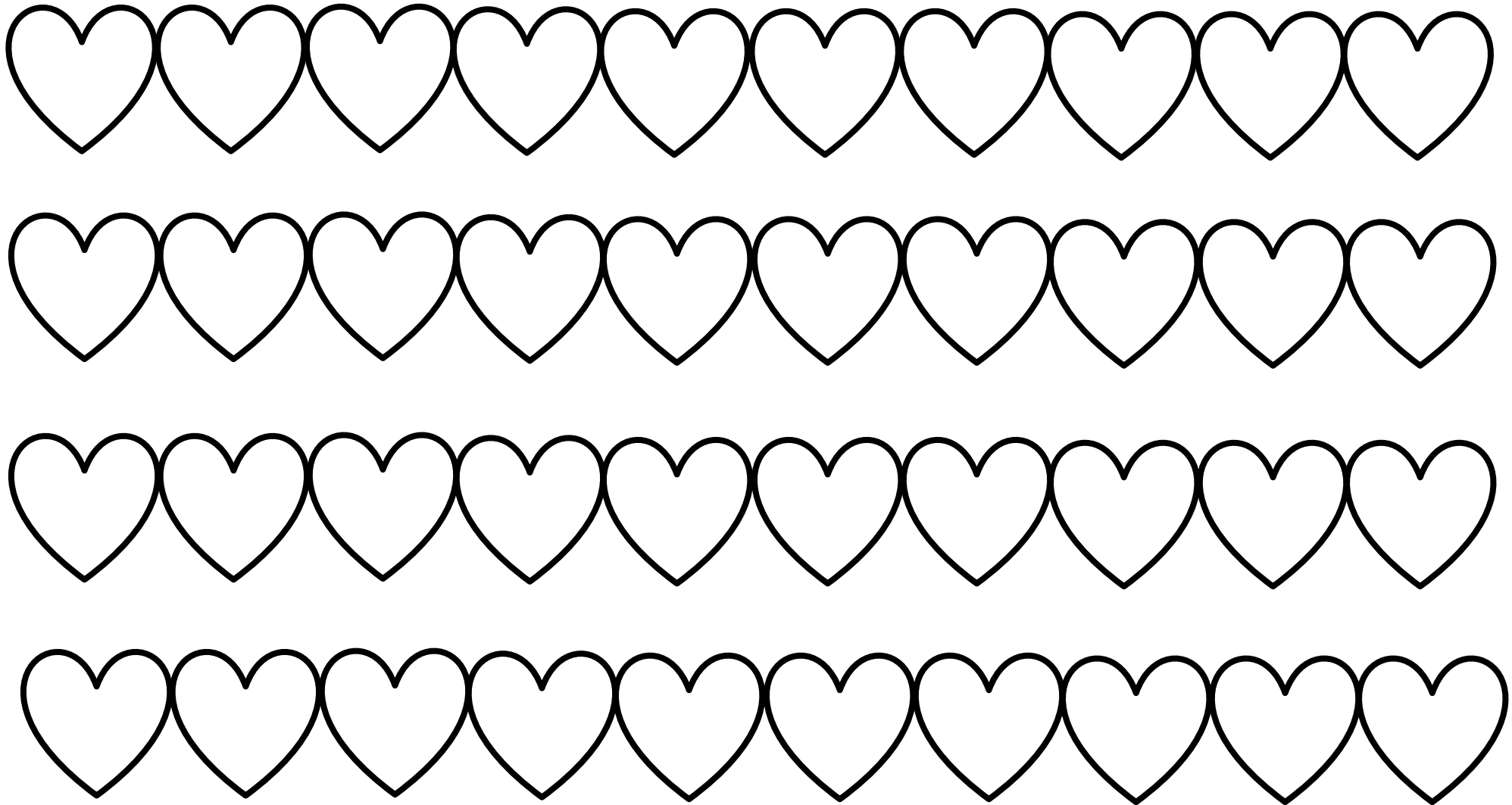
Do you know what it means to recognize or to demonstrate kindness? Kindness is the quality of being friendly, generous, and considerate. Demonstrating random acts of kindness makes the world a better place for everyone.

Here is how you can participate in the Kindness Counts Challenge:

1. Set a goal as to how many days that you can complete random acts of kindness. For this challenge, the minimum amount of days is thirty and the maximum amount of days is forty.
2. Complete one random act of kindness each day and record it on a heart.
3. When you have completed your goal, return the hearts to school.

Kindness Counter

Every time you do a kind deed, you put a smile on someone's face in need. Color one heart for every kind thing you do for others.



Host a Classroom Kindness Challenge

Time Frame: Introduction 15 minutes (use lesson for one or more months)

Lesson Overview:

Students need practice and lessons on how to be kind to others. Students will demonstrate random acts of kindness all month.

Lesson Objectives:

Students will be able to:

- Demonstrate kindness to others

Keywords:

kindness

Materials Needed:

- 30 Days of Kindness Challenge Calendar

DO:

- Pass out the 30 Days of Kindness Challenge Calendar
- Challenge students to completing one a day. It is up to you if you want them to go in order, or if it can be random.
- Direct students to color in one box as they complete a challenge.
- Students may complete more than one kind thing a day, but they can only color in one box per day. Students may not color in a box if they have not done it that day.

Host a Classroom Kindness Challenge

(continued)

DO:

- At the end of the 30 days, discuss how students felt about being kind to others.

ASK:

- Is it more difficult to do an act of kindness when others are watching or when you are alone?
- How can you show kindness to a parent?
- How can you show kindness to a sibling?
- How can you show kindness to a teacher?
- What qualities do you look for in a friend?
- Can everyone be taught to be kind?
- When is it hard to be kind?
- Is it harder to be kind to yourself or others?

DO:

- Direct students to take out their journals or a sheet of lined paper.
- Tell students that you are going to ask a series of questions, and you want them to write whatever comes to mind.
- After you ask 2 or 3 questions, ask the questions again, but this time ask for volunteers to share their answers.
- Repeat asking questions, students writing answers, then sharing answers until finished with all of the questions you want to ask.

(continued)

(Journal Questions)

ASK:

- How can you show kindness to an animal?
- How can you show kindness to our school?
- How can you show kindness to the environment?
- Do we learn to be kind or unkind? How do you know?
- How can you show kindness to a stranger?
- Is it kind to ever tell a friend something that they don't want to hear?
- Who do you think are more kind, adults or children?
- What would you do if a stranger said something unkind to you?
- What would you do if a stranger said something unkind to someone you know?
- What would you do if a close friend said something unkind to you?
- What would you do if a close friend said something unkind to your family member?
- Do you need to be truthful to be kind?
- Can you tell just by looking at them that a person is kind?
- Can you tell just by looking at them that a person is unkind?
- What is the kindest action you have ever seen someone do?
- Why is kindness important in life?
- How can you encourage more kindness in our classroom?
- How can you encourage more kindness in our school?
- How can you encourage more kindness in your community?
- How can you encourage more kindness in the world?

30 Days of Kindness CHALLENGE



It's easy to be kind to others for a day, or even a week. But you help make the world a kinder place when you are kind to others every day. The challenge is simple... be kind to at least once person, once a day, for 30 days. Can you do it?

1 Pick up any litter you see today and throw it away.	2 Sincerely compliment a peer on a character trait.	3 Read a book to a young child.	4 Read a book or a magazine article to a senior citizen.	5 Smile and say thank you to everyone who does something kind for you today.
6 Clean the kitchen without being asked.	7 Smile and say good morning (or hello) to every teacher today.	8 Make bubbles for a preschool class and deliver it.	9 Let someone go ahead of you in line today for no reason.	10 Put your neighbor's trash bins away for them after pick-up.
11 Create your own kind act.	12 Hold the door open for people behind you.	13 Leave a nice note inside a book when you return it to the library.	14 Say hello to someone in class you don't know well.	15 Smile at people as they pass by.
16 Write a thank you note to your parent or guardian.	17 Create a get-well card for someone who is ill.	18 Say hello to your principal.	19 Write a poem for a school friend.	20 Make a card for a soldier.
21 Say thank you to a janitor.	22 Hide a dollar in the toy section of the dollar store.	23 Smile at five people you don't know.	24 Donate unwanted toys to a local shelter.	25 Lend a classmate a pencil.
26 Pick up litter when you see it.	27 Make a thank you card for your librarian.	28 Tell a silly joke to make someone laugh.	29 Clean up after someone else at lunch.	30 Eat lunch with someone new.

Kindness Challenge: Schoolwide Secret Mission

Time Frame: Introduction 15 minutes (use lesson for one or more months)

Lesson Overview:

Students need practice and lessons on how to be kind to others. Students will continue the kindness challenge, but being kind when others are not expecting it.

Lesson Objectives:

Students will be able to:

- Recognize others being kind
- Demonstrate kindness to others

Keywords:

kindness

Materials Needed:

- Secret Mission Kindness Cards (I laminate mine for durability.)

DO:

- Tell your students that you have a secret mission for them if they are brave enough to accept it.
- Explain that you are going to put one kindness card secretly into a student's desk once a day, and only you and that student will know what it says on the card. See which students' rise to the challenge and complete the mission.
- Prepare yourself for kindhearted children to rule the world! 😊

Secret Kindness Mission

Tell your students that you have a secret mission for them if they are brave enough to accept it. Explain that you are going to put one card secretly into a student's desk once a day, and only you and that student will know what it says on the card. See which students' rise to the challenge and complete the mission.

SECRET MISSION

Do you accept the challenge?

Clean up an area of the playground and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Perform a random act of kindness and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Write a nice note to someone and ask your teacher to give it to them.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Offer to help someone who is struggling with something and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Tell someone why you are proud of them and report back to your teacher.

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SECRET MISSION

Do you accept the challenge?

Volunteer to do a chore that isn't yours and report back to your teacher.

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Secret Kindness Mission

Tell your students that you have a secret mission for them if they are brave enough to accept it. Explain that you are going to put one card secretly into a student's desk once a day, and only you and that student will know what it says on the card. See which students' rise to the challenge and complete the mission.

SECRET MISSION

Do you accept the challenge?

Help someone who is younger than you and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Help someone who is older than you and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Do a chore for someone without them knowing and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Ask a parent or guardian how their day is going and report back to your teacher.

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SECRET MISSION

Do you accept the challenge?

Create your own kind act and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Secretly hide a nice note in someone's desk or bookbag and report back to your teacher.

© The Happy Learning Den

Secret Kindness Mission

Tell your students that you have a secret mission for them if they are brave enough to accept it. Explain that you are going to put one card secretly into a student's desk once a day, and only you and that student will know what it says on the card. See which students' rise to the challenge and complete the mission.

SECRET MISSION

Do you accept the challenge?

Feed the birds and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Walk dogs at an animal shelter and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Wash someone's car and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Send a card to a service member and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Leave head's up pennies on the sidewalk and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Bring cookies to the custodian and report back to your teacher.

© The Happy Learning Den

Secret Kindness Mission

Tell your students that you have a secret mission for them if they are brave enough to accept it. Explain that you are going to put one card secretly into a student's desk once a day, and only you and that student will know what it says on the card. See which students' rise to the challenge and complete the mission.

SECRET MISSION

Do you accept the challenge?

Clean your room without being asked and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Reuse paper when you are drawing or doodling and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Donate coloring books and crayons to a children's hospital and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Draw pictures to send to a local retirement home and report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Find a quote about kindness in a book, write it down and give it to someone, and then report back to your teacher.

© The Happy Learning Den

SECRET MISSION

Do you accept the challenge?

Smile at everyone you pass by today and report back to your teacher.

© The Happy Learning Den

KINDNESS

Being kind isn't simple, because it's not one thing. It's many things. It's how you treat other people when no one is looking. It's treating others the way you want to be treated. It's doing something for someone without expecting something in return.

Kindness is:

- being helpful
- being considerate
- being mindful of others
- being an includer
- being a good friend

KINDNESS...

Looks like ...

Sounds like ...

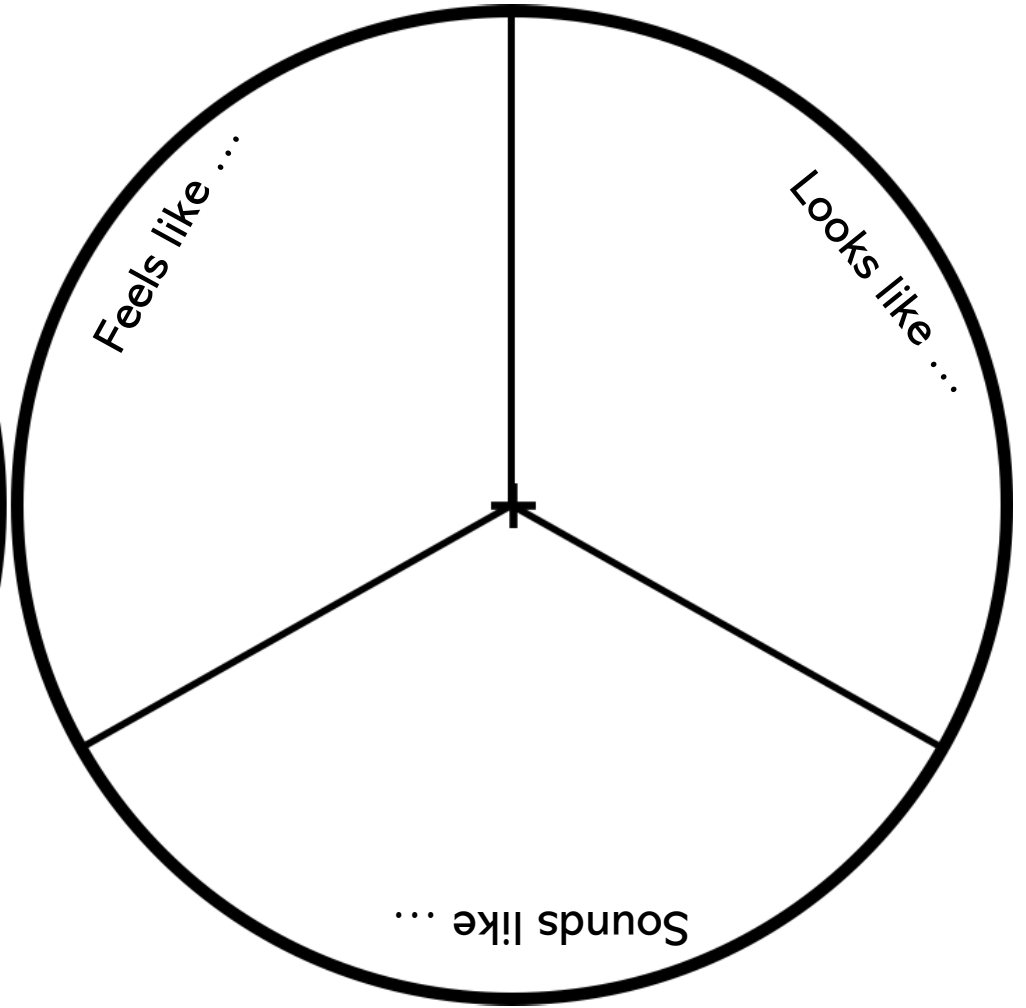
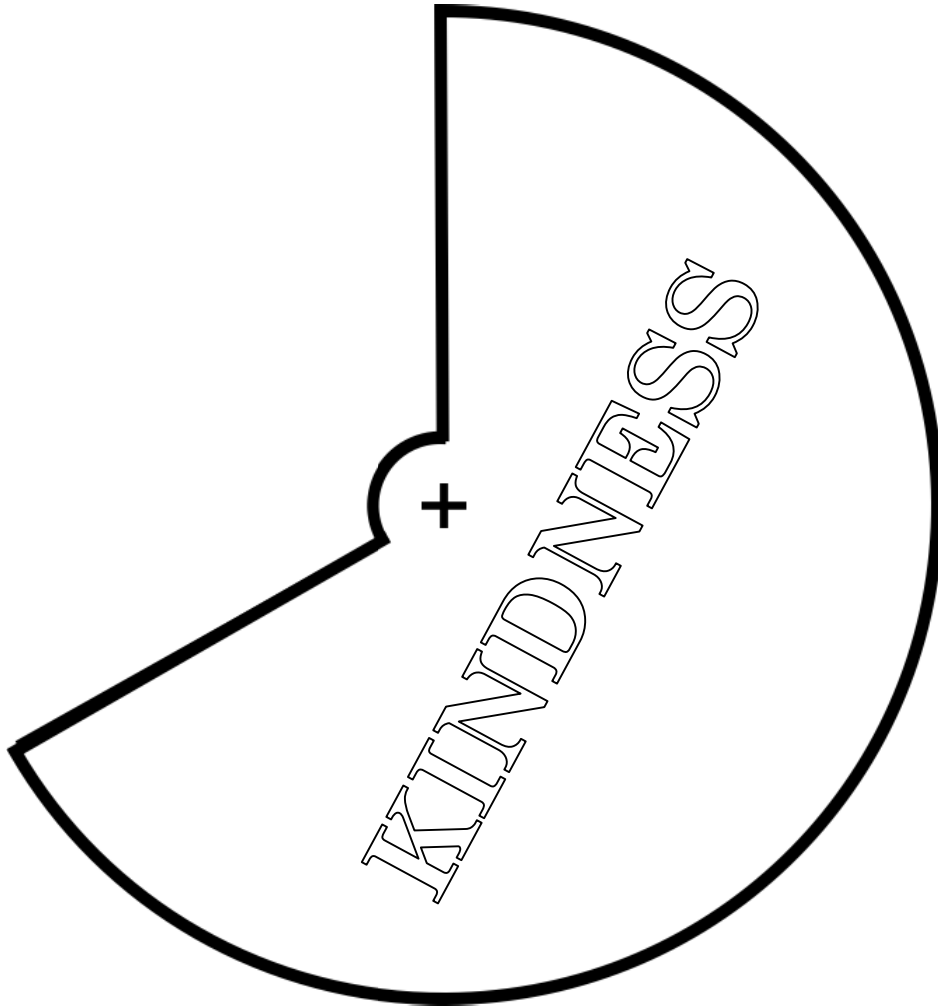
Feels like ...

Cut out the rectangles below on the solid lines. Fold along the dotted lines and glue the skinny rectangle onto your paper. Do not glue down the 3 tabs. Once your rectangles are glued down, lift the tabs and write your answers in the free space.

I can show kindness to	by...
my teacher	my classmates
my parents	

Cut out the rectangles below on the solid lines. Fold along the dotted lines and glue the skinny rectangle onto your paper. Do not glue down the 3 tabs. Once your rectangles are glued down, lift the tabs and write your answers in the free space.

I can show kindness to	by...
my siblings	my friends
the environment	

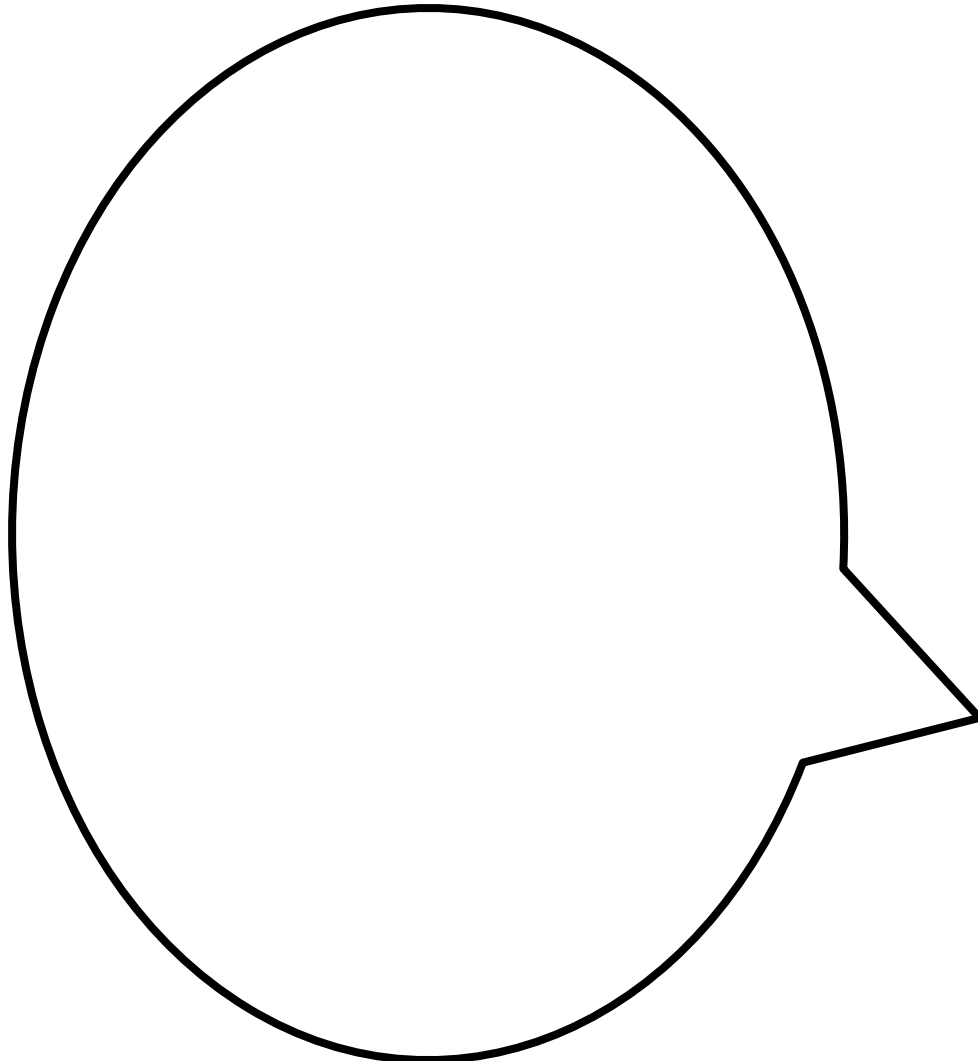


Name _____

Read the quote about being kind, and then write what being kind means to you inside the speech bubble. Be sure to give a detailed example!

“Try to be a rainbow in someone else’s cloud.”

~Maya Angelou

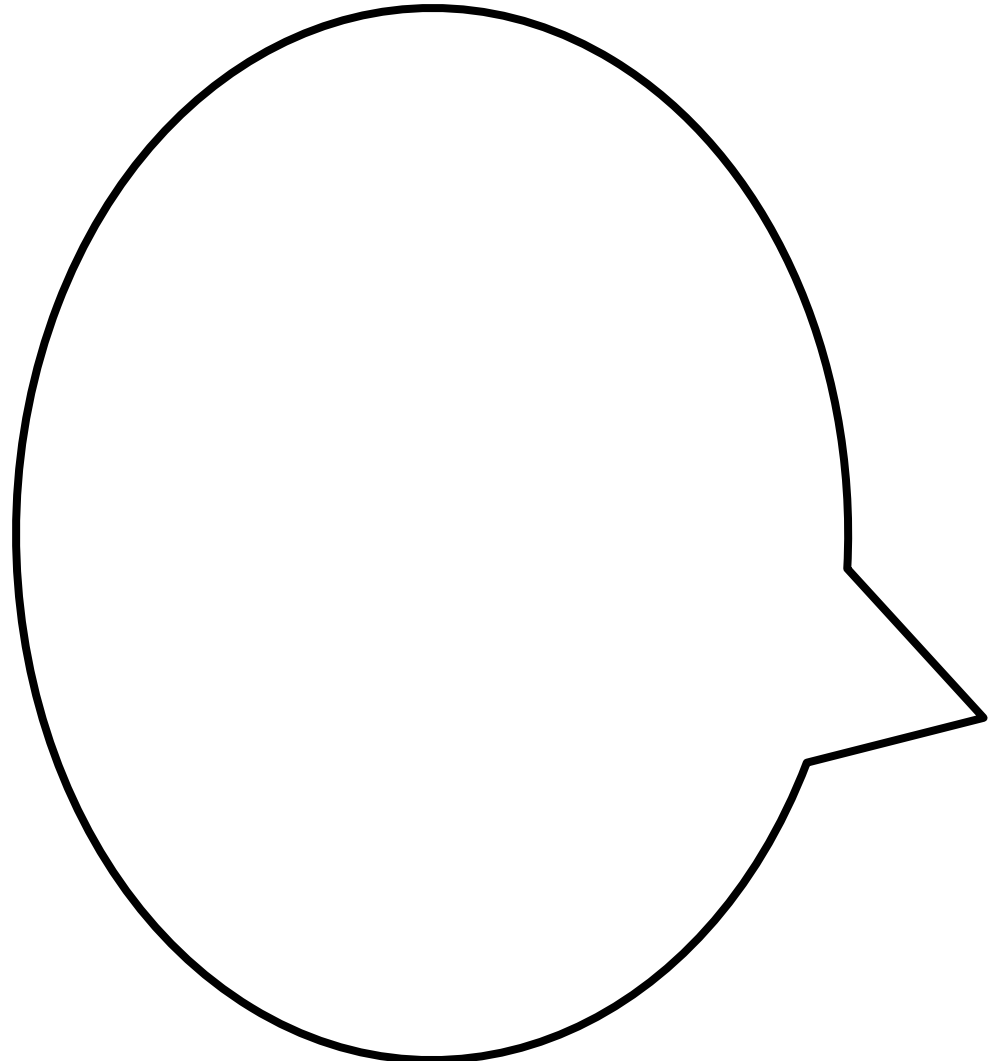


Name _____

Read the quote about being kind, and then write what being kind means to you inside the speech bubble. Be sure to give a detailed example!

“Try to be a rainbow in someone else’s cloud.”

~Maya Angelou

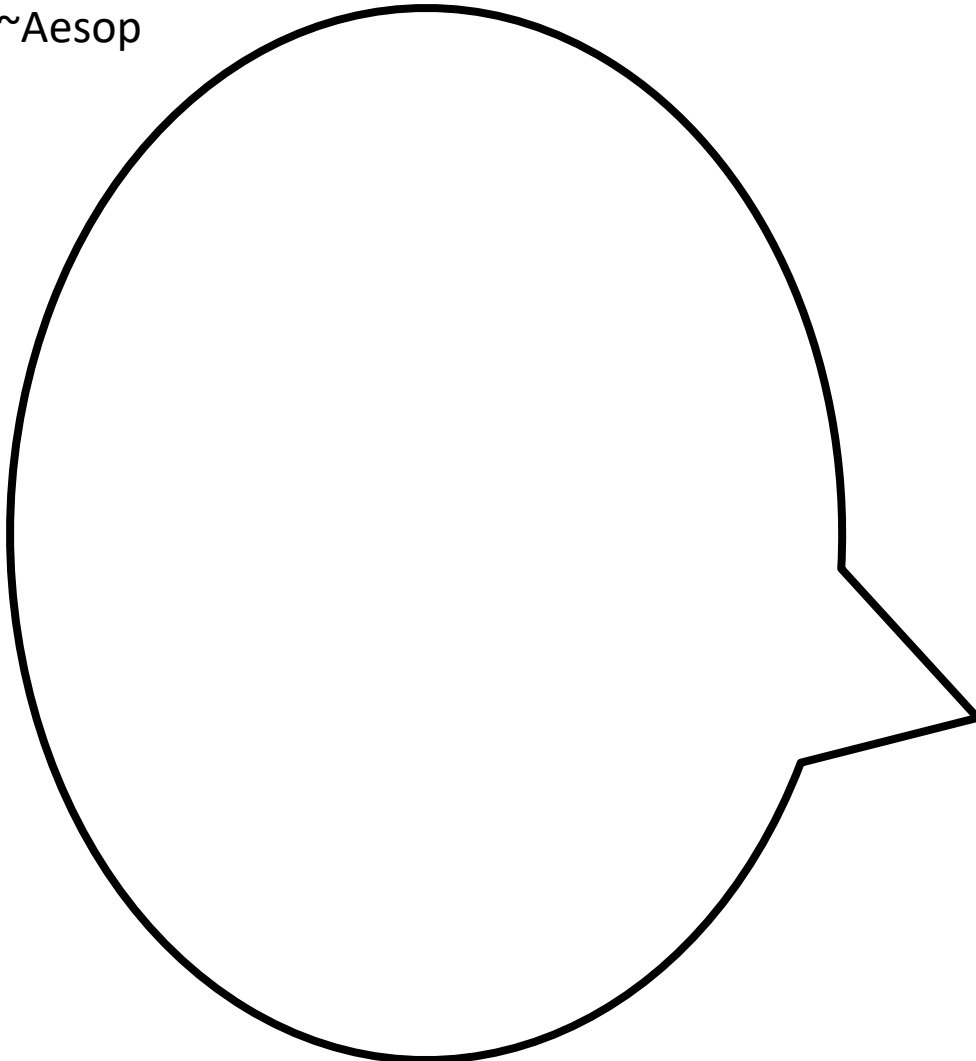


Name _____

Read the quote about being kind, and then write what being kind means to you inside the speech bubble. Be sure to give a detailed example!

“No act of kindness, no matter how small, is ever wasted.”

~Aesop

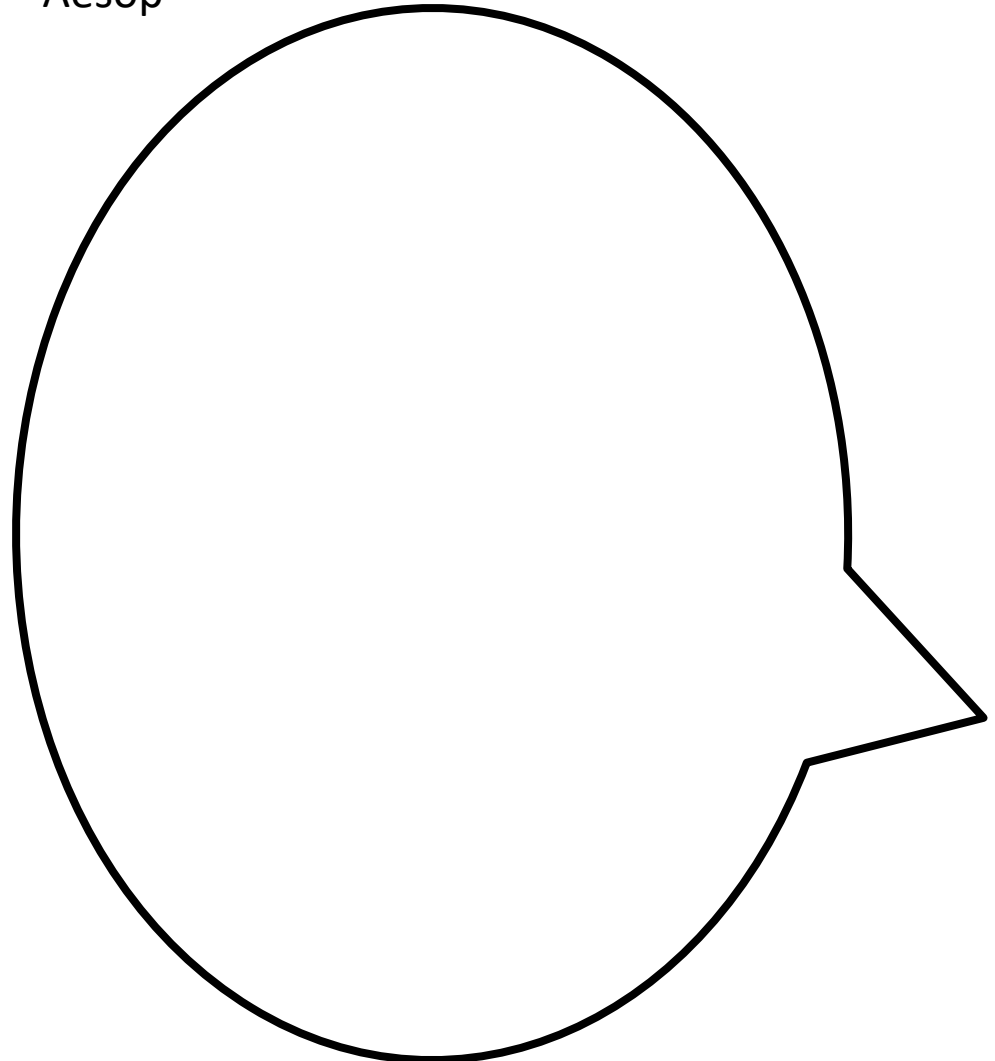


Name _____

Read the quote about being kind, and then write what being kind means to you inside the speech bubble. Be sure to give a detailed example!

“No act of kindness, no matter how small, is ever wasted.”

~Aesop

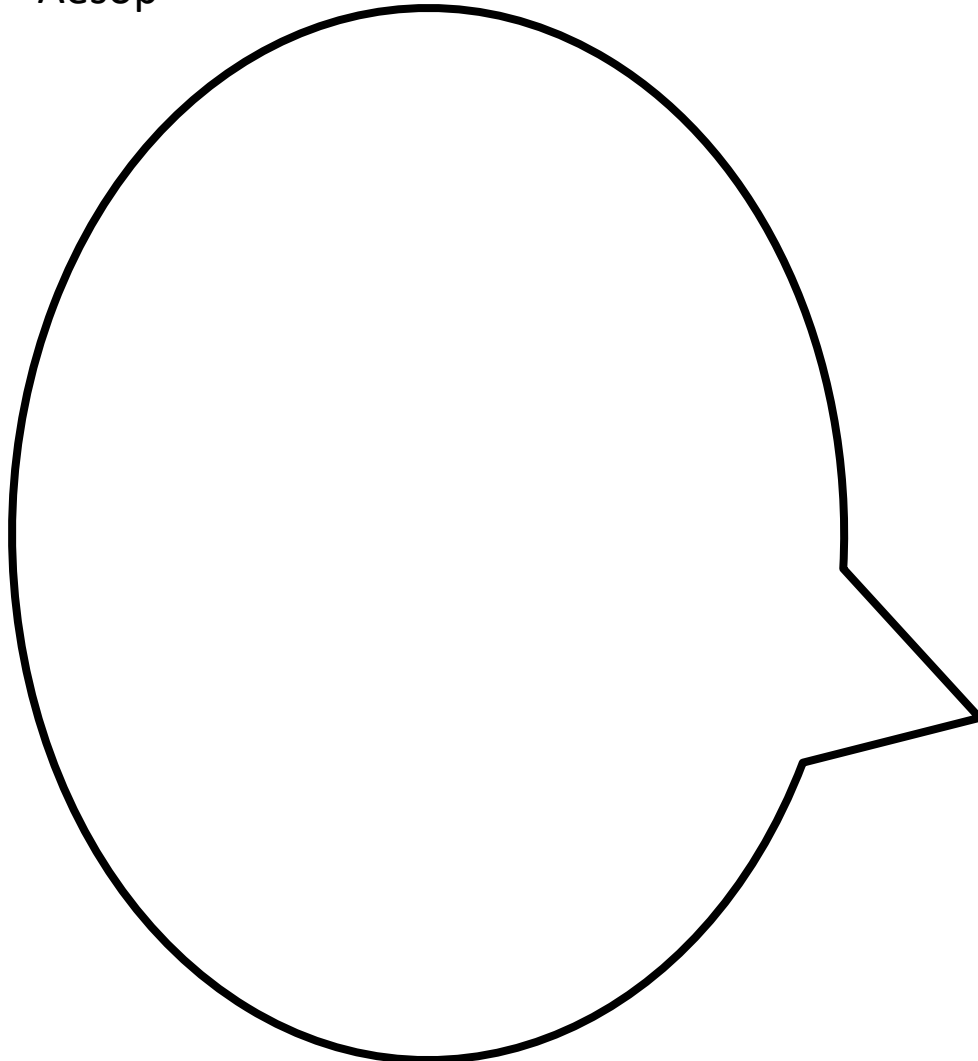


Name _____

Read the quote about being kind, and then write what being kind means to you inside the speech bubble. Be sure to give a detailed example!

“Always stop to think whether your fun may be the cause of another’s unhappiness.”

– Aesop

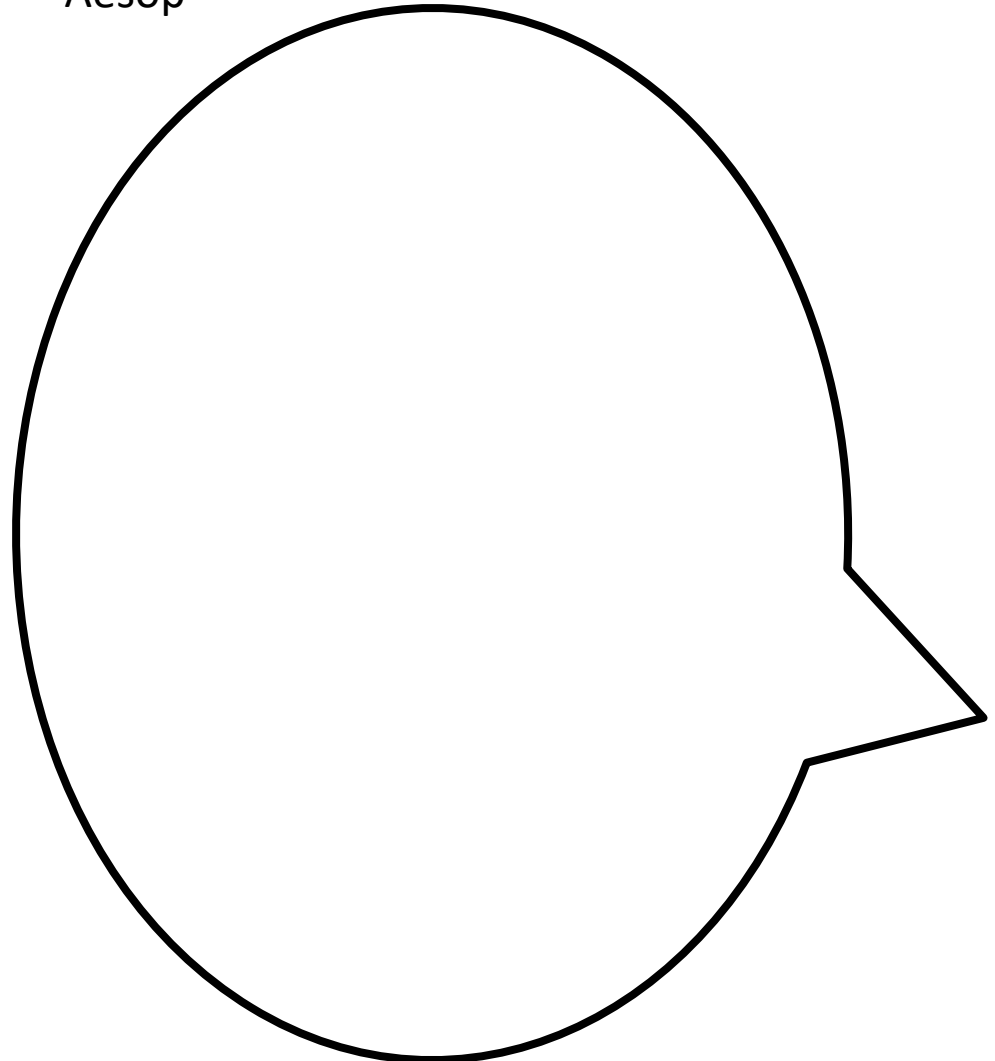


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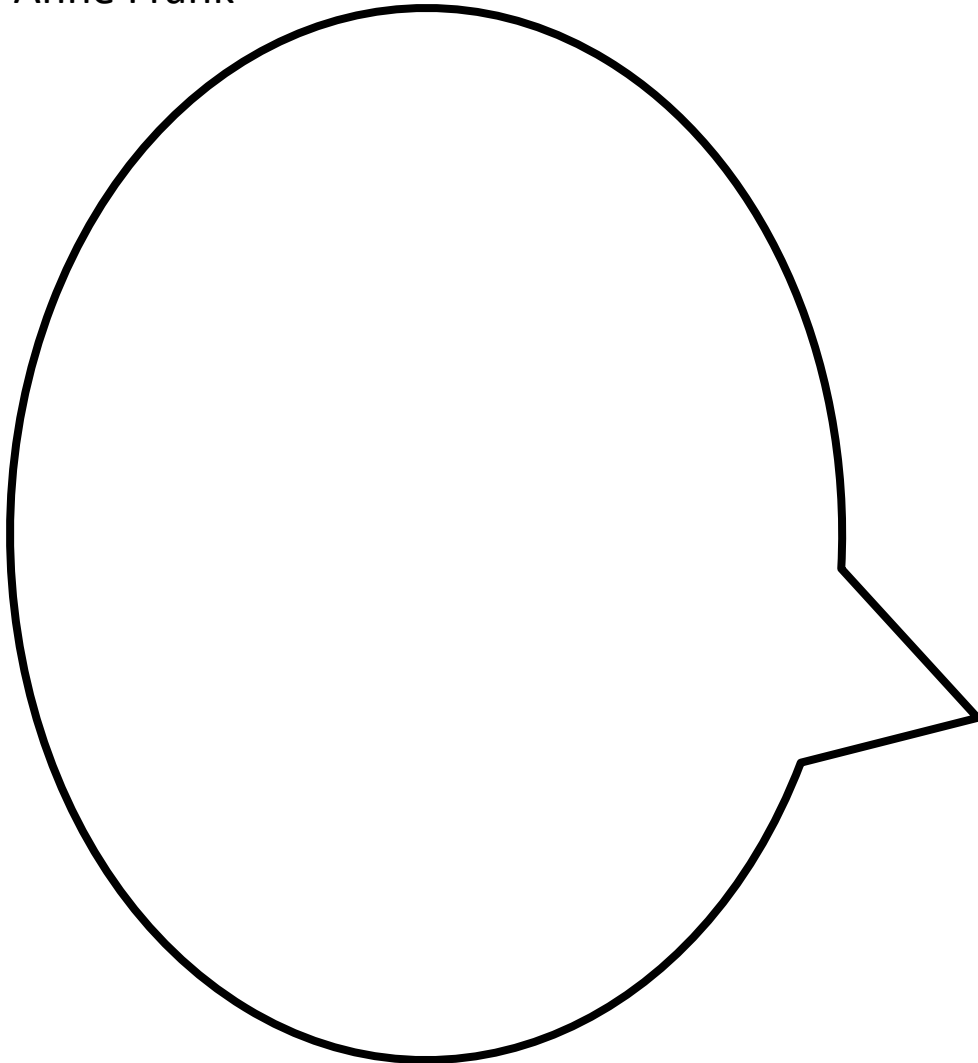


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“You can always, always give something, even if it is only kindness!”

~Anne Frank

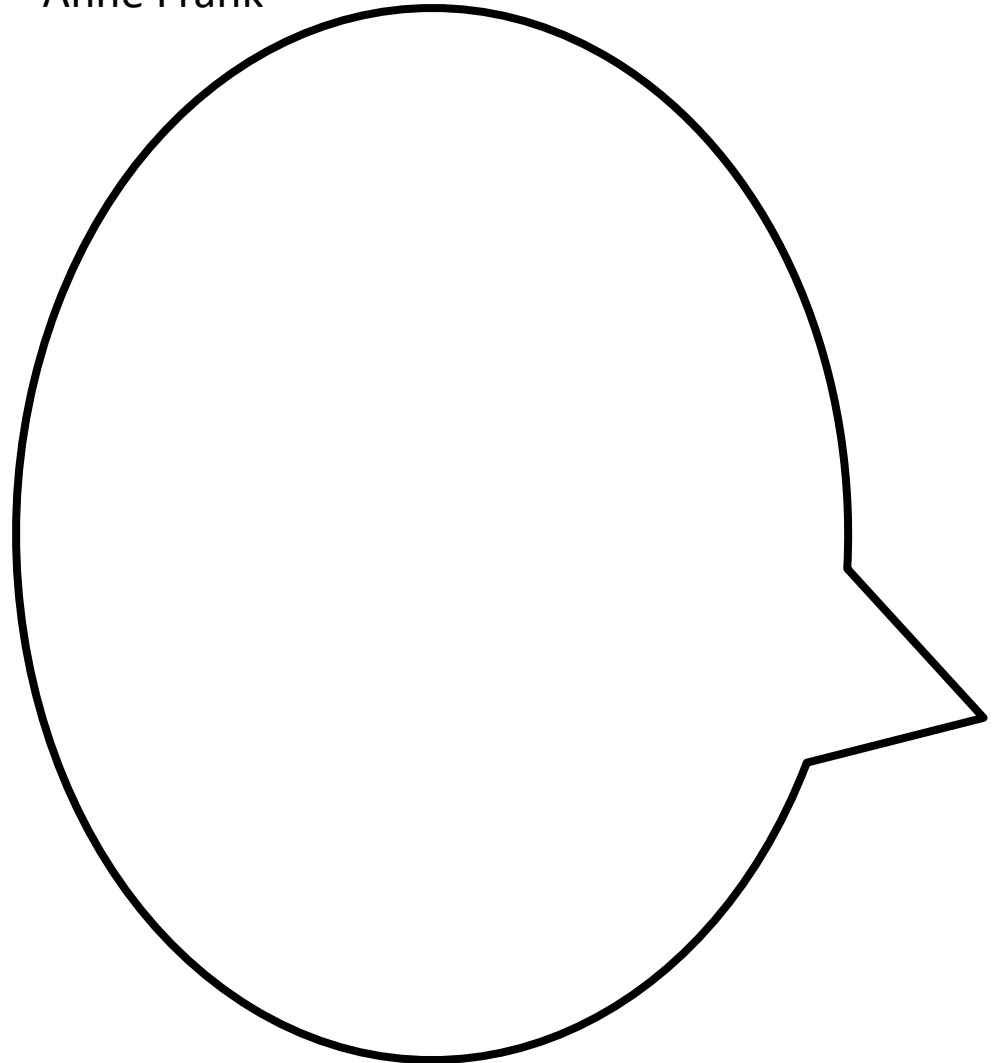


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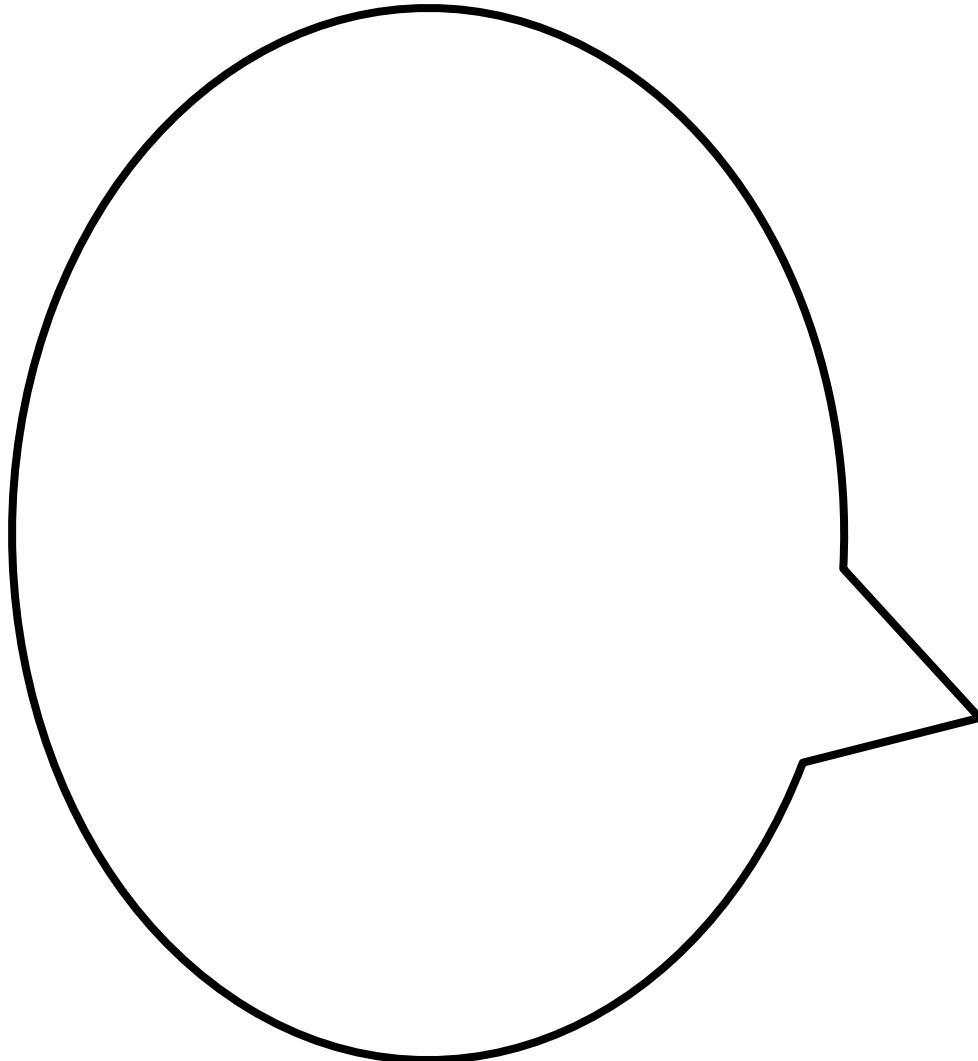
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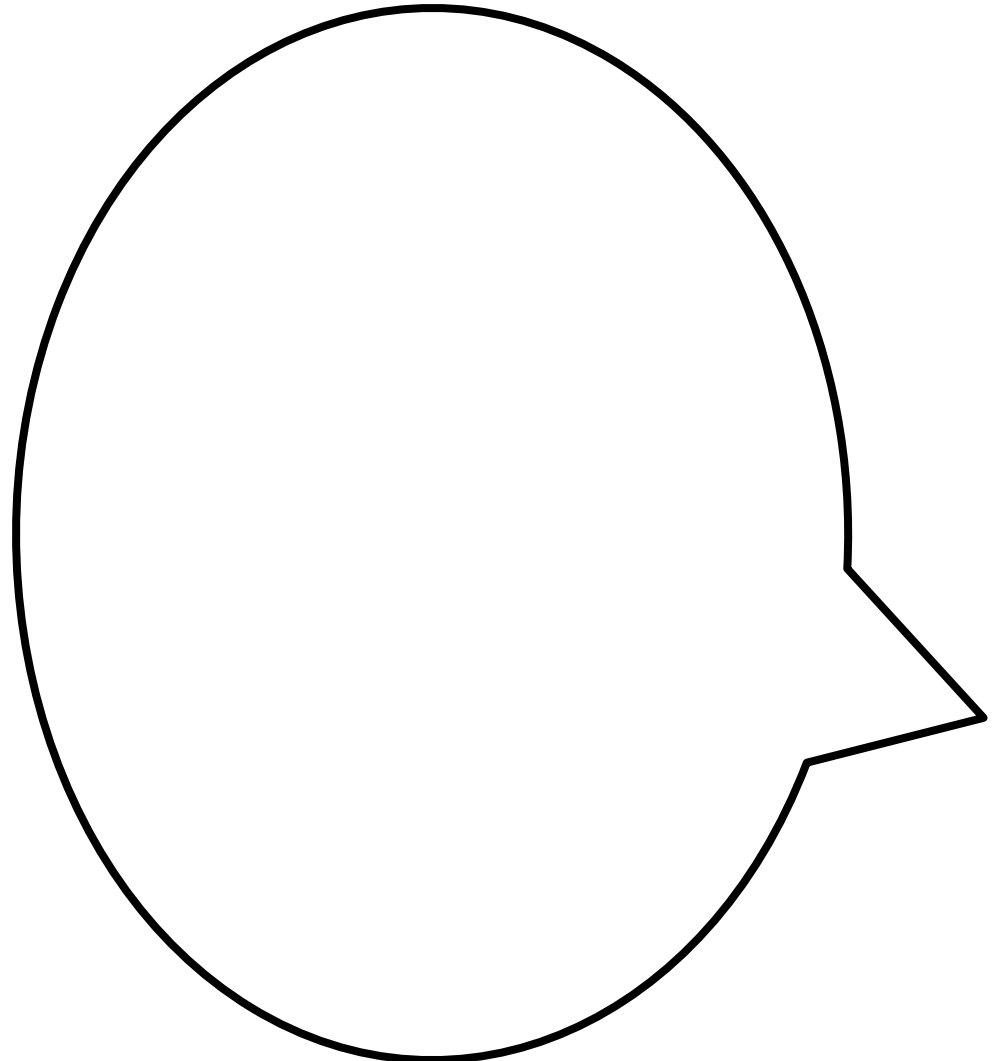
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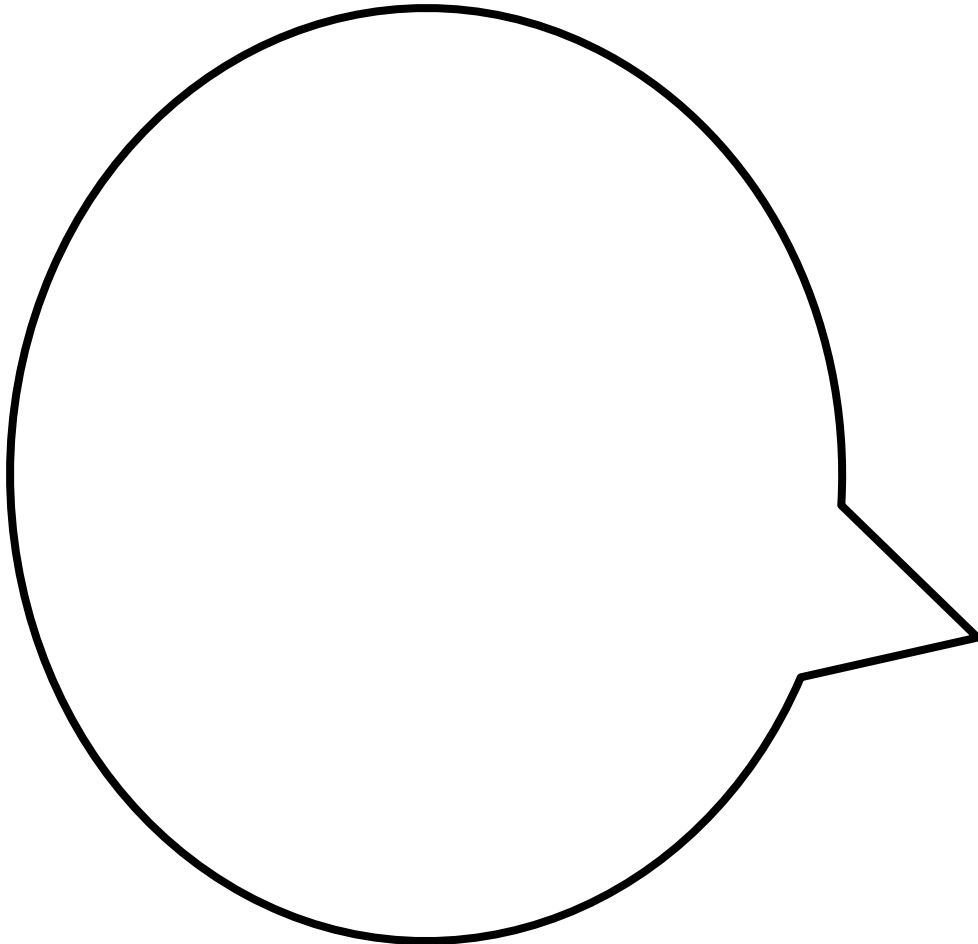


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“Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind.”

~Henry James

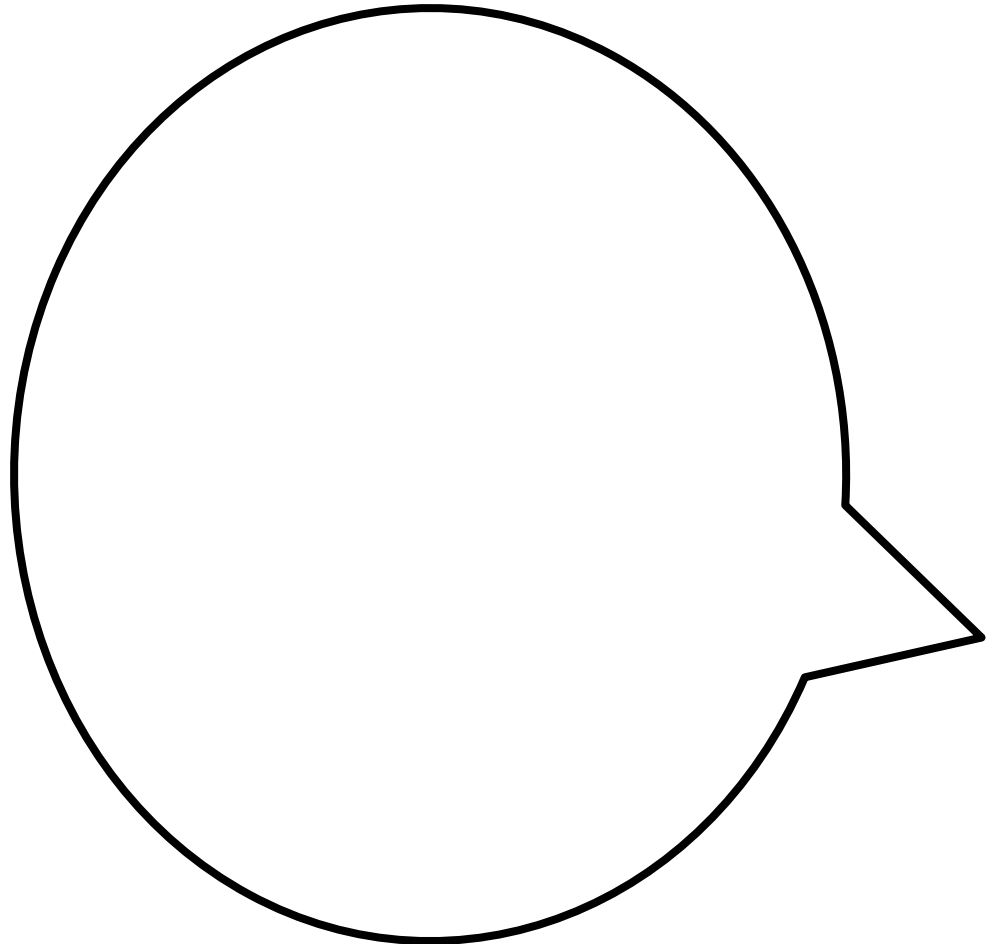


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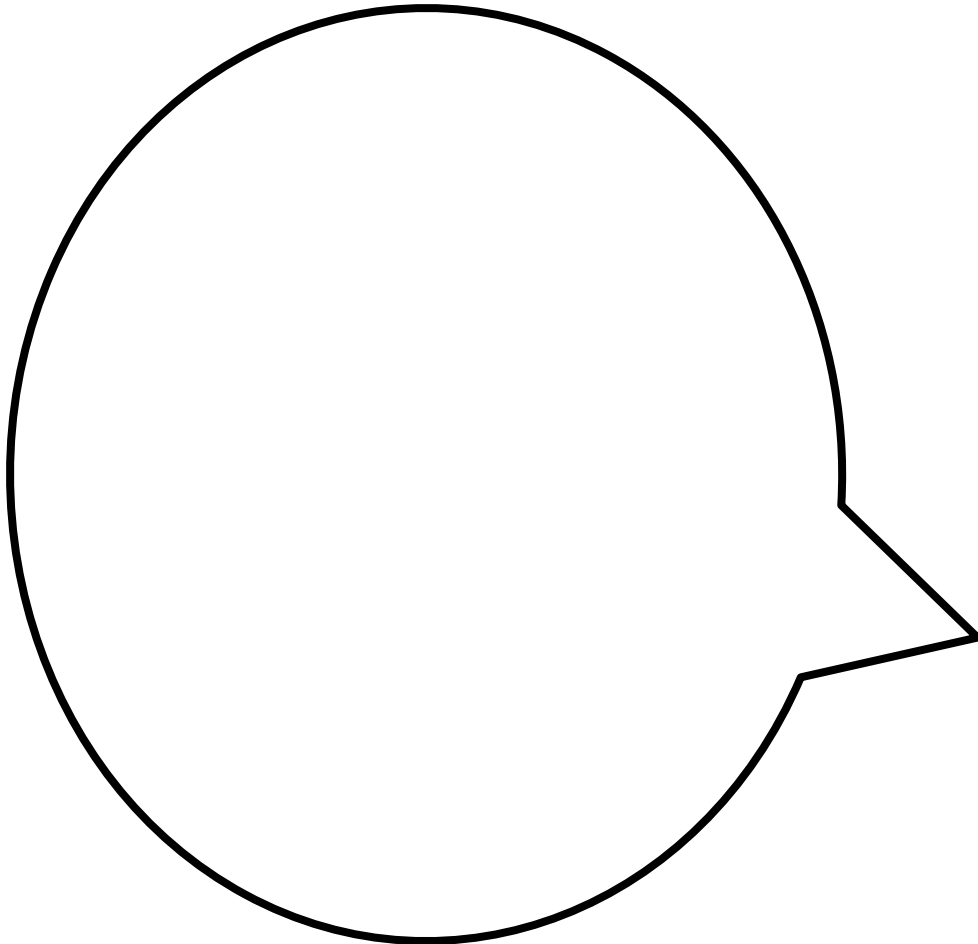


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Read the quote about being kind, and then write what being kind means to you inside the speech bubble. Be sure to give a detailed example!

“If you see someone without a smile, give them yours.”

~Dolly Parton

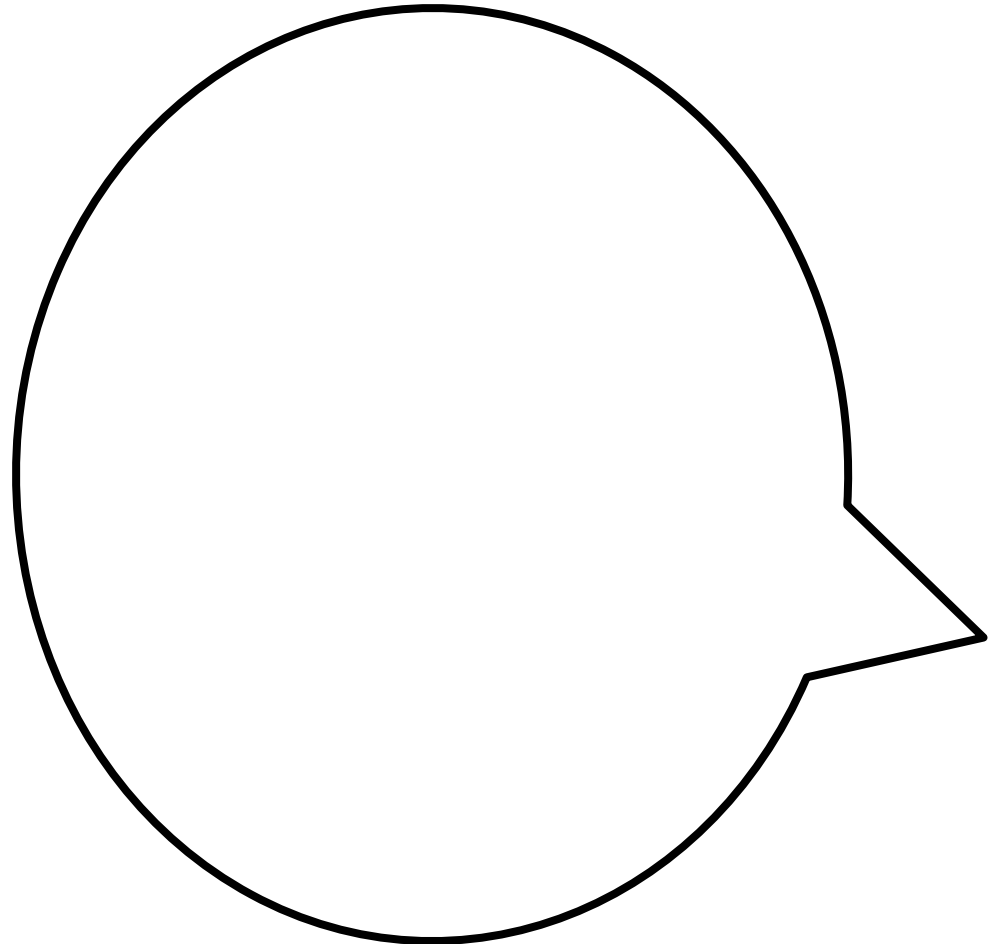


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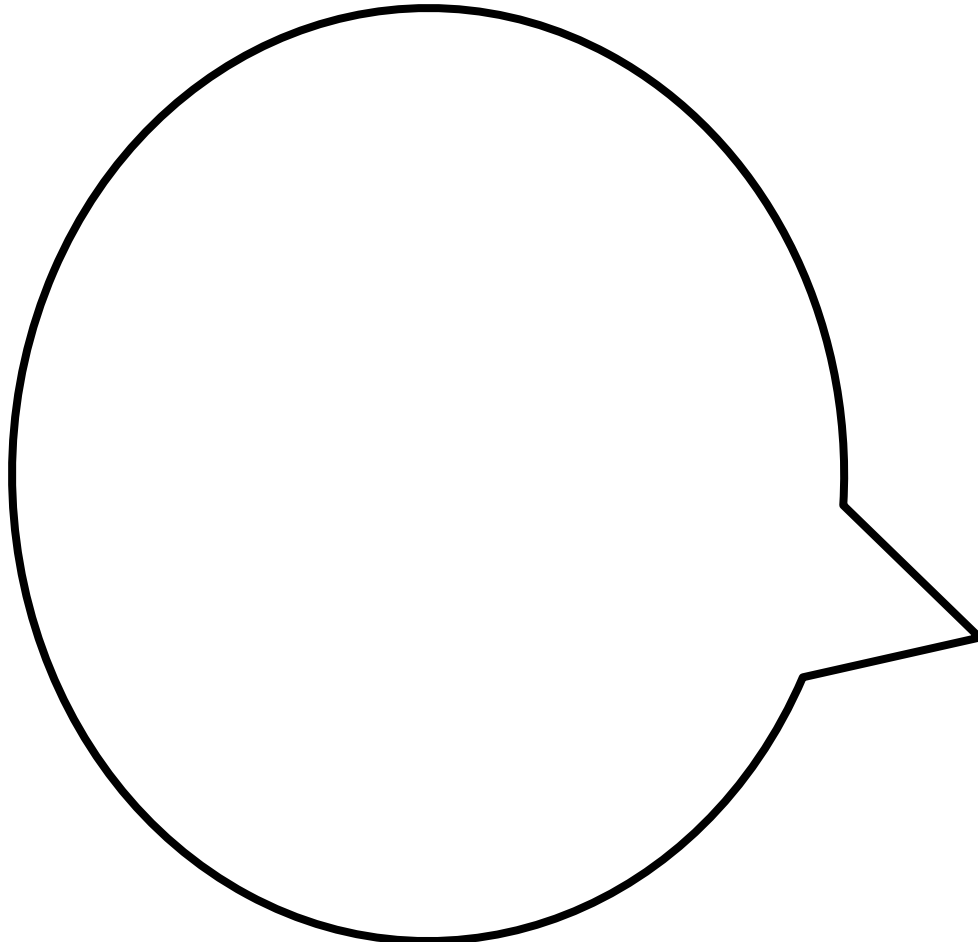


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“If you want to lift yourself up, lift someone else up.”

– Booker T. Washington

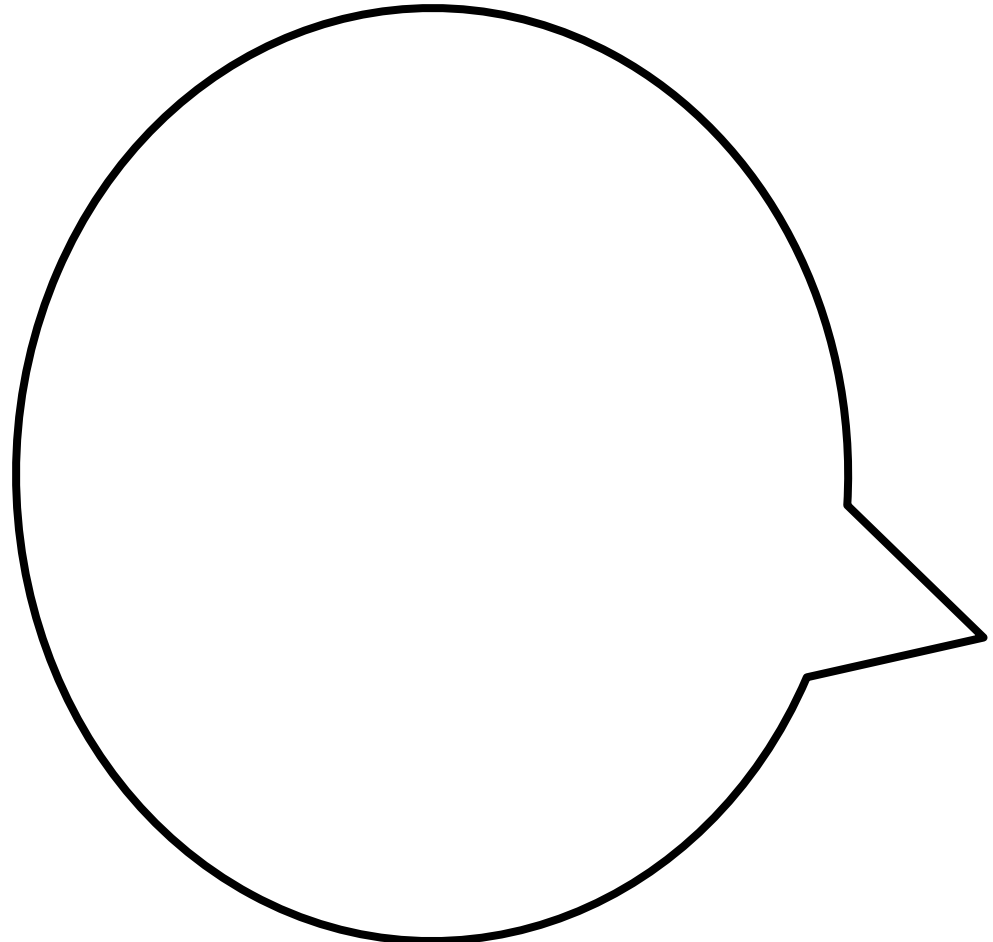


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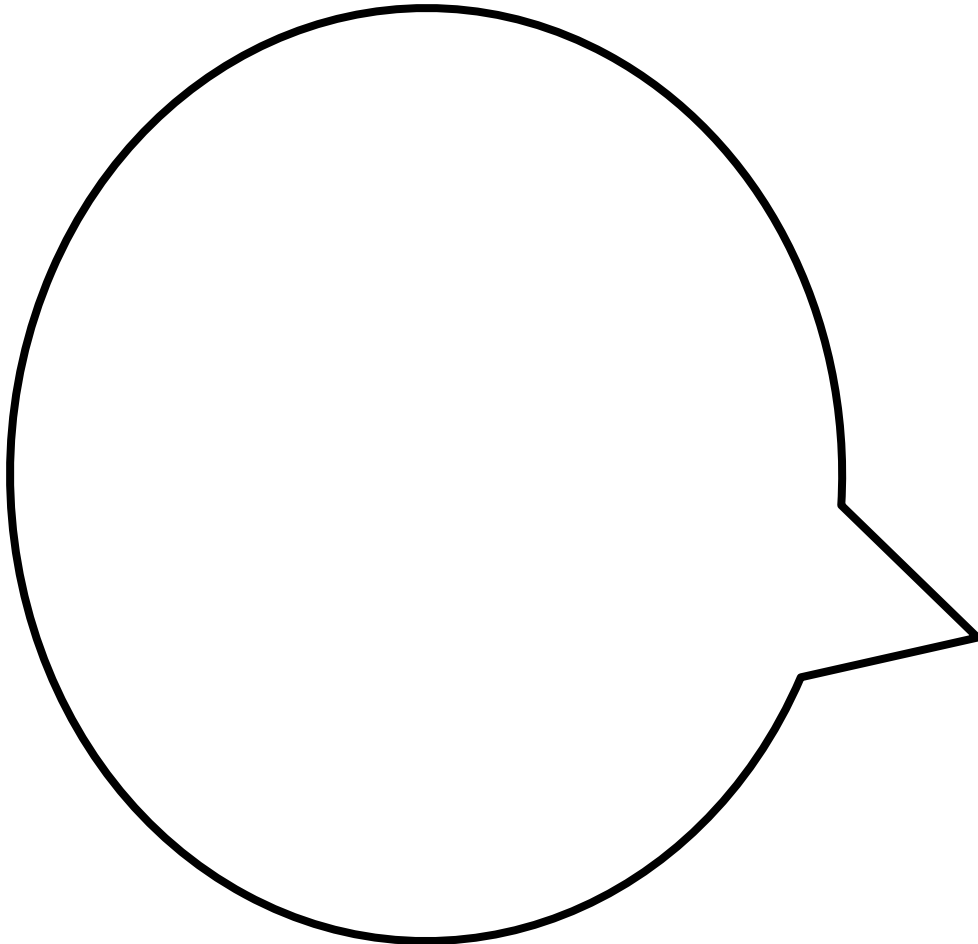


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“Be a little kinder than you have to.”

– E. Lockhart

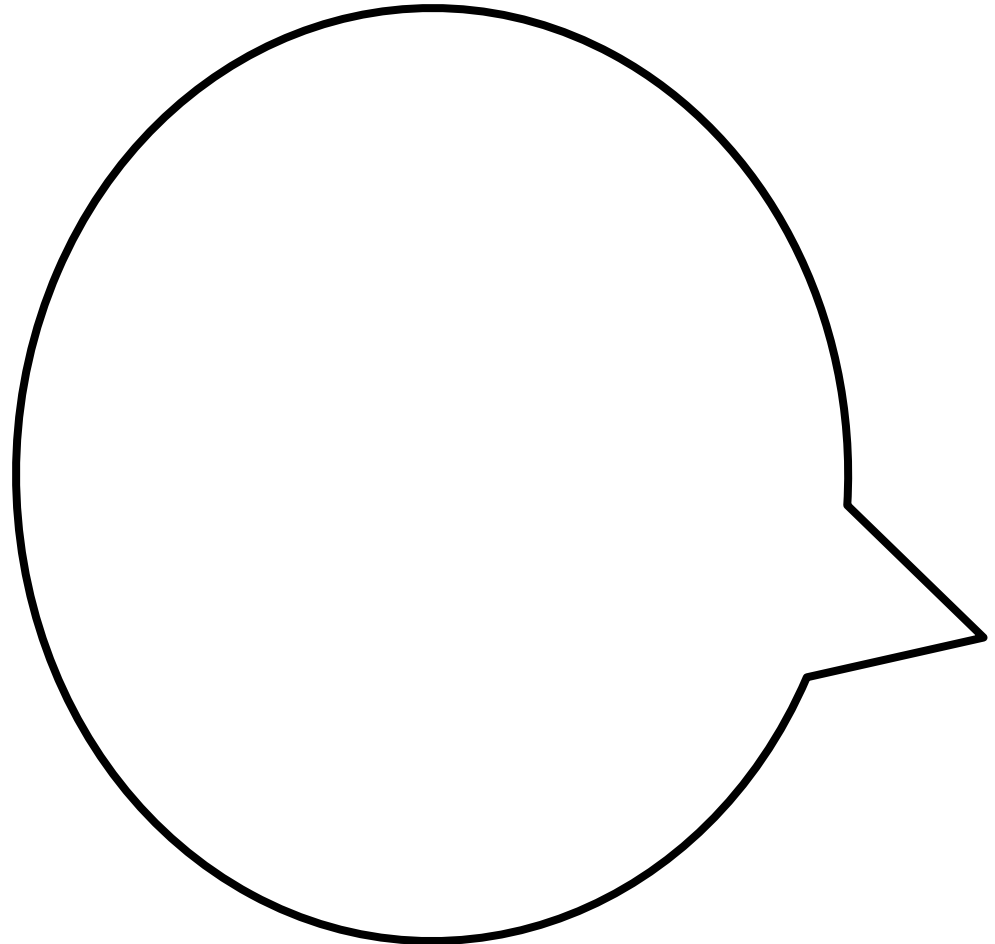


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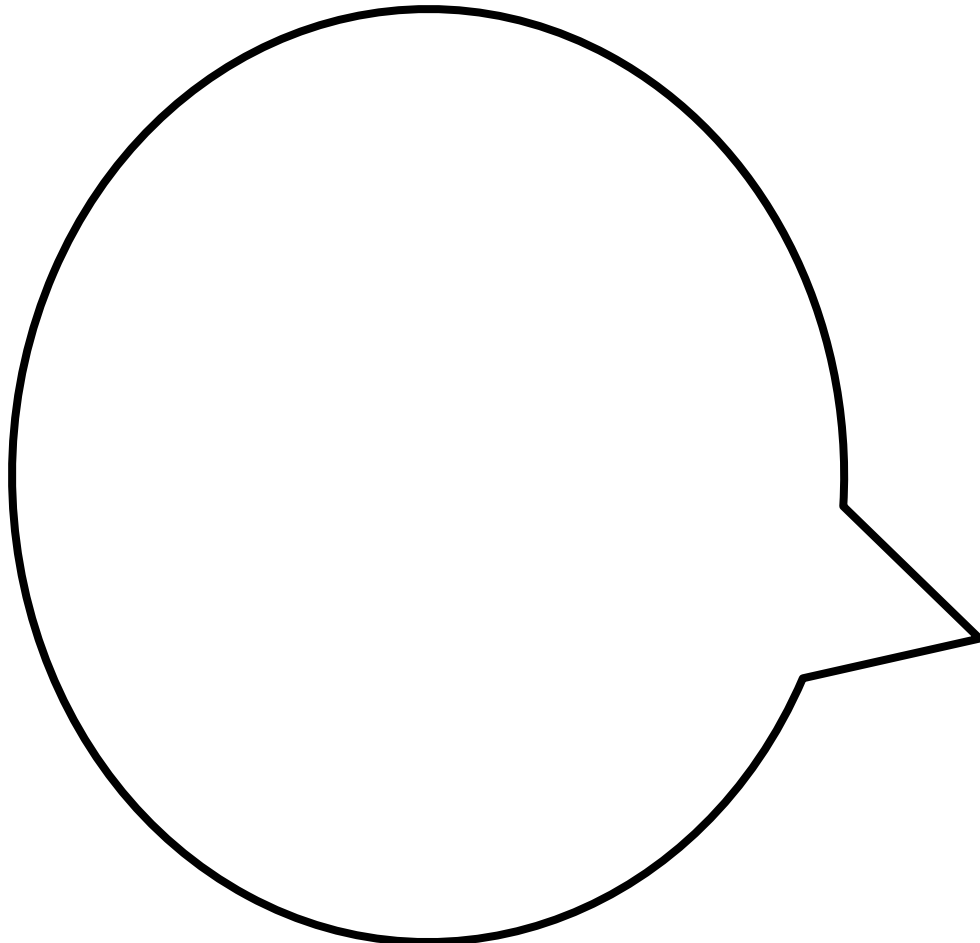
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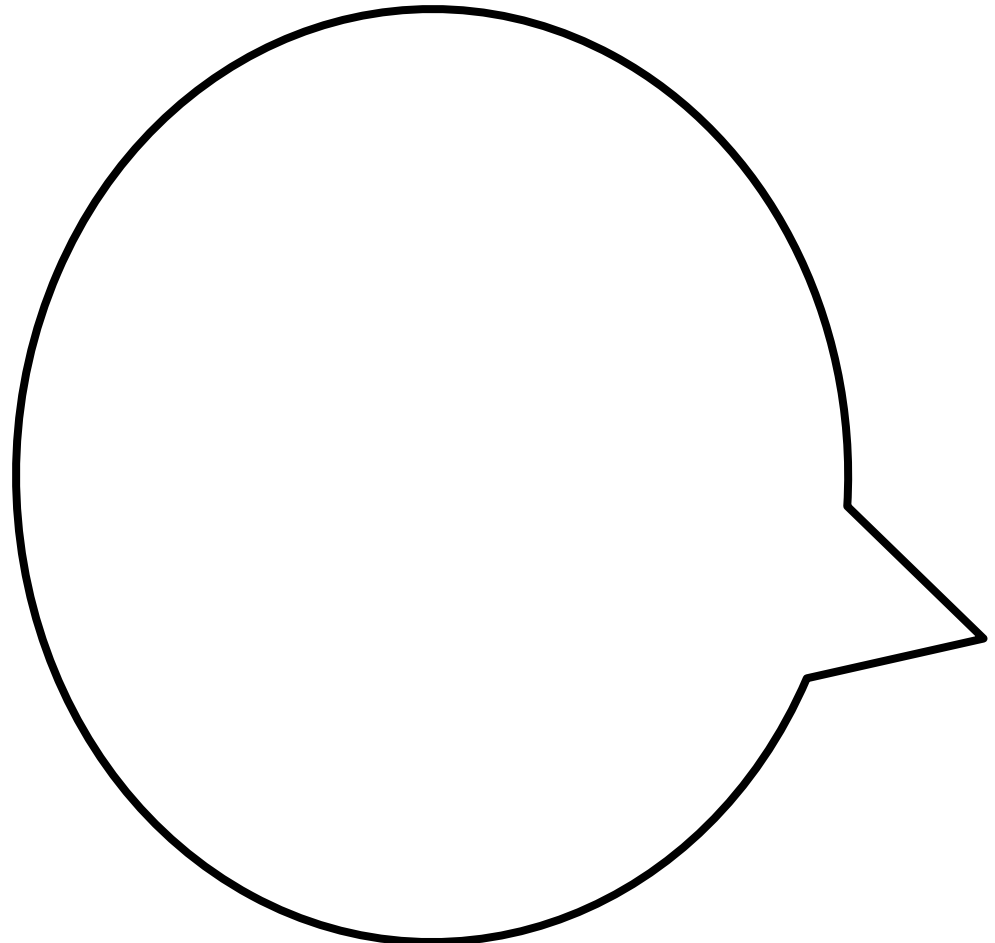
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– Robert Ingersoll



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Name _____

Write an acrostic poem about being KIND.

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