

Hi! My name is Ellie Reyna, and I am passionate about spreading awareness of the impact kindness has on the community. This curriculum is meant to be an interactive way for children to gain an understanding of the importance of kindness.

What can being kind do?

Kindness is integral in creating a positive atmosphere for children and making them feel safe to be themselves around others. It can boost their self-esteem and increase their sense of belonging. Children who have adopted an optimistic mindset from being kind have greater attention spans, an increased willingness to learn, and experience higher levels of creative thinking. Additionally, performing acts of kindness regularly can increase the body's production of "happiness" hormones like serotonin, dopamine, and oxytocin. Fostering this atmosphere starts with the role model. To effectively teach children how to be kind, leading by example as a caring and compassionate individual is crucial.

GIVING

Lesson Plan for Gold Award Project Day 1

Prepared by Ellie Reyna

Goals:

1. Read *The Giving Tree* by Shel Silverstein aloud to the class and discuss the interactions between the tree and the boy.
2. Emphasize the positive feelings that the tree felt after giving and relate that to students' real life.

Learning Objectives:

1. The positive emotions that result from giving to others
2. How to incorporate giving into the students' everyday lifestyles

Structure & Activities:

1. Discuss book title and take a picture walk
2. Read the book aloud to the class
3. Ask & discuss after reading: Can you think about anybody that is like the giving tree to you?
4. Work on group* activity:
 - a. The teacher will ask the class "What are some things that you can give?"
 - b. The teacher will write on the "tree" what the students' responses are as a visual aid
5. Transition into individual activity:
 - a. Instruct students to write about a time when they were "giving" and how it made them feel

Materials Needed:

1. *The Giving Tree* By Shel Silverstein
2. Pencil/crayons
3. Printed activity #1 for each student
4. Chart paper and markers

Assessment:

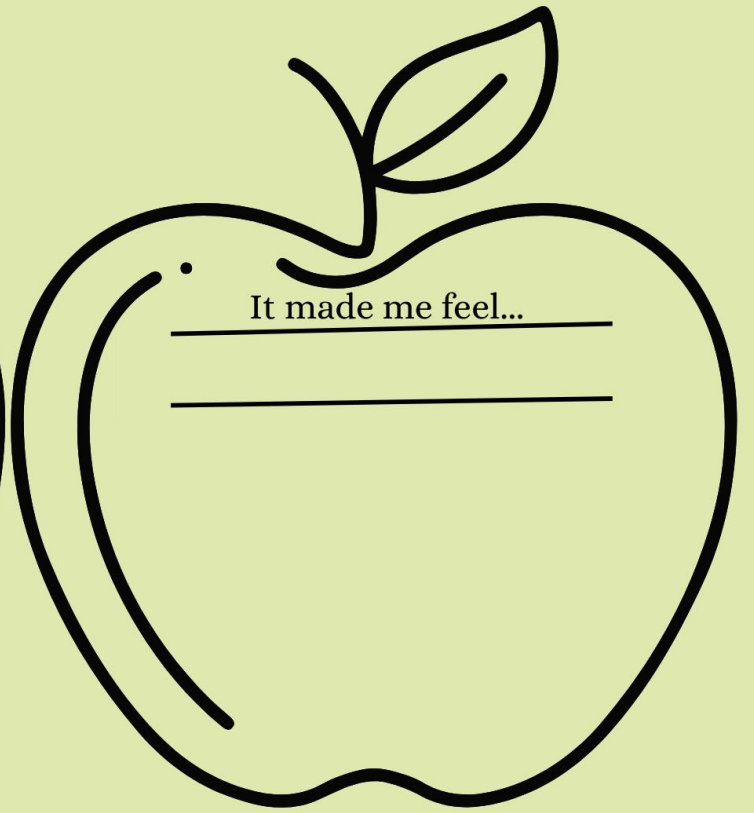
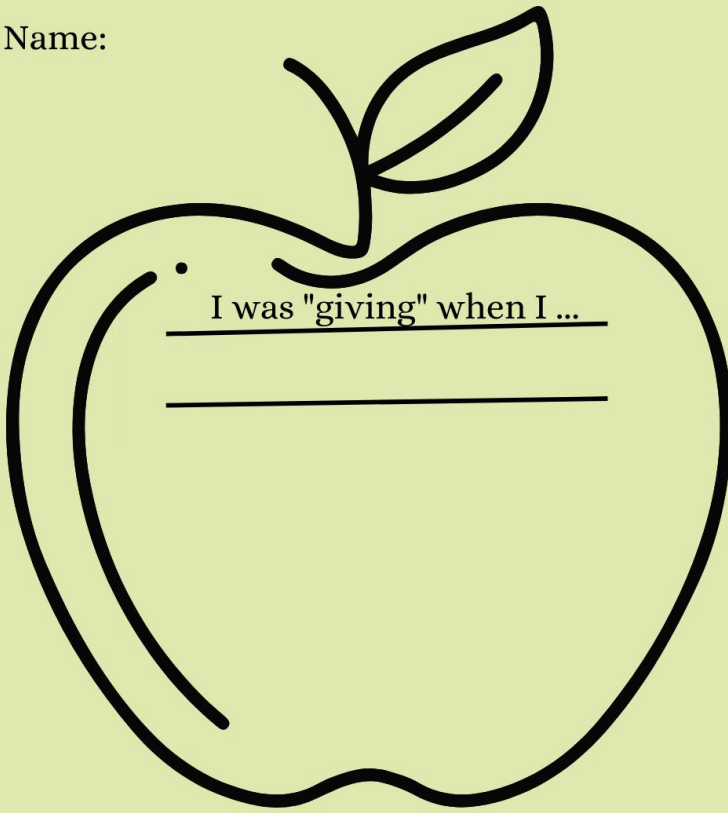
Steps to check for student understanding

1. Student participation during oral discussion
2. Teacher observations
3. The student is able to complete the activity with the original intention

*During the group activity, students will discuss ways they can give to one another, family, and friends using single words or explaining the actions they can do. The teacher will write on a large chart paper, easel, whiteboard, large screen, or Promethean board. The students' ideas will stay on display as a visual aid for the individual activity as well as serve as a reminder of the many ways we can give to one another. Teachers can draw a tree to write the students' responses in.

All lesson plans are adaptable for students between Pre-k and First-grade level

Name: _____



KINDNESS

Lesson Plan for Gold Award Project Day 2

Prepared by Ellie Reyna

Goals:

1. Read *The Giving Tree* by Shel Silverstein aloud to the class and discuss the interactions between the tree and the boy.
2. Explore & discuss the character education of kindness

Learning Objectives:

1. Define kindness, and explain what it looks, sounds, and feels like
2. Communicate the positive emotions that result from being kind to others
3. Understand how to incorporate kindness into the students' everyday lifestyles

Structure & Activities:

1. Re-read the book *The Giving Tree* by Shel Silverstein aloud to the class
2. Ask & discuss after reading:
 - a. Do you think the tree was kind to the boy? What did the tree do that was kind? Give examples.
 - b. How do you think the boy felt when the tree was kind to him?
 - c. What does the word kind mean to you?
 - d. Can you share a time when someone was kind to you or when you were kind to someone?
3. Work on group* activity:
 - a. The teacher will ask the class "What are some things that you can do to be kind?"
 - b. The teacher will write on the class apple write what the students' responses are as a visual aid
4. Transition into individual activity:
 - a. Instruct students to write about "I was kind when I...This is how it made me feel..."

Materials Needed:

1. *The Giving Tree* by Shel Silverstein
2. Pencil/crayons
3. Printed activity #2 for each student
4. Chart paper and markers

Assessment:

Steps to check for student understanding

1. Student participation during oral discussion
2. Teacher observations
3. The student is able to complete the activity with the original intention

*During group activity, students will discuss ways they can show kindness to one another, family and friends using single words or explaining the actions they can do. The teacher will write on a large chart paper, easel, whiteboard, large screen, or promethean board. The student's ideas will stay on display as a visual aid for the individual activity as well as serve as a reminder of the many ways we can be kind to one another. Teachers can draw apples to write the students' responses in.

All lesson plans are adaptable for students between Pre-k and First-grade level

Name:

Draw a time when you were kind and a time when the tree was kind:



Me

The Tree

I was kind when I...

This made me feel...

UNCONDITIONAL LOVE

Lesson Plan for Gold Award Project Day 3

Prepared by Ellie Reyna

Goals:

1. Read *The Giving Tree* by Shel Silverstein aloud to the class and discuss the interactions between the tree and the boy.
2. Explore what it means to unconditionally love someone

Learning Objectives:

1. Understand the power and significance of love

Structure & Activities:

1. Re-read the book *The Giving Tree* by Shel Silverstein aloud to the class
2. Ask & discuss after reading:
 - a. How did the tree express love to the boy? Discuss examples from the story.
3. Work on group* activity:
 - a. The teacher will ask the class “How can you show your family that you love them unconditionally? How can you show your teachers? Friends? School?”
 - b. The teacher will write on heart leaves what the students’ responses are as a visual aid.
4. Transition into individual activity:
 - a. Instruct students to write about “I can show love to others by ...”

Materials Needed:

1. *The Giving Tree* by Shel Silverstein
2. Pencil/crayons
3. Printed activity #3 for each student
4. Chart paper and markers

Assessment:

Steps to check for student understanding

1. Student participation during oral discussion
2. Teacher observations
3. The student is able to complete the activity with the original intention

*During the group activity, students will discuss ways they can express unconditional love to one another, family, and friends using single words or explaining the actions they can do. The teacher will write on a large chart paper, easel, whiteboard, large screen, or Promethean board. The students' ideas will stay on display as a visual aid for the individual activity as well as serve as a reminder of the many ways we can express unconditional love. Teachers can draw heart-shaped leaves to write the students' responses in.

All lesson plans are adaptable for students between Pre-k and First-grade level



Name:



I can show love to others by...

Resources

WEBSITES

1. Theheartfulproject.com
2. All4kids.org
3. Talesfromaverybusyteacher.com
4. Edutopia.org
5. Learningtogive.org
6. Centerforparentingeducation.org
7. Positivepsychology.com
8. Ichooseempathy.org

Resources

BOOKS (1/2)

1. *Be the Difference* by Jayneen Sanders
2. *Kindness Starts with You* by Jacquelyn Stagg
3. *A little SPOT of Kindness!* By Diane Alber
4. *Tomorrow I'll be Kind* by Jessica Hische
5. *It's Brave to Be Kind* by Natasha Daniels
6. *Be Kind* by Pat Zietlow Miller
7. *Bear Feels Sick* by Karma Wilson
8. *The Three Questions* by Jon Muth
9. *A Chair for My Mother* by Vera Williams
10. *The Hundred Dresses* by Eleanor Estes
11. *Kindness is My Superpower* by Alicia Ortego
12. *Love* by Matt de la Pena
13. *Dear Girl* by Amy Krouse Rosenthal

Resources

BOOKS (2/2)

14. *The Wonderful Things You Will Be*

by Emily Winfield Martin

15. *The Runaway Bunny* by Margaret Wise Brown

16. *I Am Love* by Susan Verde



Kindness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WRITE A THANK-YOU NOTE TO YOUR TEACHER	DRAW A PICTURE FOR YOUR GRANDPARENTS	GIVE A COMPLIMENT TO AS MANY PEOPLE AS YOU CAN	TEACH A FRIEND ONE OF YOUR SKILLS	HOLD THE DOOR OPEN FOR SOMEONE
HELP YOUR FAMILY CLEAN UP AFTER DINNER	READ A BOOK TO YOUR SIBLING	GIVE SOMEONE YOU LOVE A HUG	USE POLITE MANNERS	WAVE AT OTHERS
PICK UP LITTER	SMILE AT OTHERS	MAKE A CARD FOR SOMEONE YOU LOVE	CLEAN UP WITHOUT BEING ASKED	TALK TO SOMEONE NEW AT SCHOOL
OFFER TO HELP YOUR PARENTS	RECYCLE PLASTIC WATER BOTTLES & CANS	LET SOMEONE ELSE GO FIRST	SAY "I LOVE YOU"	SHARE