



Being Kind. Understanding kindness can bring positivity and happiness. We will learn how to cultivate kindness towards ourselves and others. We will discover how small acts of kindness can impact our relationships and our communities.

LESSONS

What does it mean to be kind?

We will explore what kindness really means and find ways to be kind to ourselves and others. We will see how kindness can make a difference in our day-to-day lives

Can we lead with kindness?

Find out how being kind can provide leadership qualities. We'll learn how being kind and understanding can help everyone in your group be nicer and more patient with each other.

What are random acts of kindness?

Let's uncover why sharing kindness with others is so important. We'll get hands-on and see how surprise acts of kindness can spread good feelings, understanding, respect for our differences, and cause a wave of positivity in our community.

Lesson Plan: Can we lead with kindness?

Lesson support:

- Click on the lesson plan for a detailed guide to each activity.
- There are supporting notes beneath each slide
- Note: Most CfL activities work best when the teacher does them with the students.

Equipment needed:

- Pencil, paper, computer, projector, [Action Plan template](#)

Lesson Plan – Can we lead with kindness?

Purpose : Find out how being kind can provide leadership qualities. We'll learn how being kind and understanding can help everyone in your group be nicer and more patient with each other.

Equipment needed: Pencil, paper, computer, projector, [Action Plan template](#)

Lesson timings (50 minutes): The timings are just a guide. The lesson can be delivered as a whole, in sections, or if there is a rich discussion in one section, take the time and allow that to develop.

Pre-Work: Teachers Students		
Lesson structure	Lesson Content	Resources / Comments
Class Environment 5C Slide	Share the 5C's of the CfL classroom to create a respectful, safe atmosphere and to build trust with each other. Together we are growing a creative, critical, caring, collaborative environment where positive, supportive communication is developed through listening, sharing and building on ideas.	Remind learners how a classroom that explores CfL topics needs to look, feel and sound.
Check-In Individually (5 mins) Lead with Gratitude	Students bring their focus to being thankful. <ul style="list-style-type: none">● Choose someone you appreciate but haven't thanked● Note their actions that brought gratitude.● Write a sentence of gratitude, imagining handing it to them.	Life goes by so fast. Let's remember to pay attention to what is important.
Warm-Up Groups of 4 (10 mins)	Students are invited to think of someone who leads, it may be a teacher, student, mentor, community member or role model.	Supporting questions What does that person do that is kind? How do

Lesson Video Guide: Can we lead with kindness?

Lesson support

Click on the video for a short introduction on how to approach this lesson.



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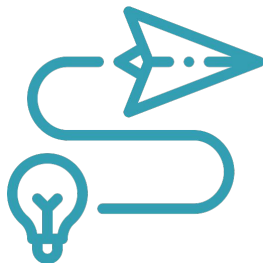
Unit:



The 5 C's



Collaborative



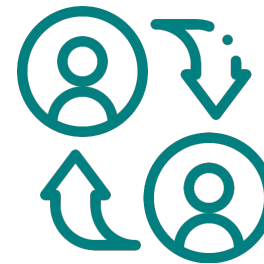
Creative



Caring



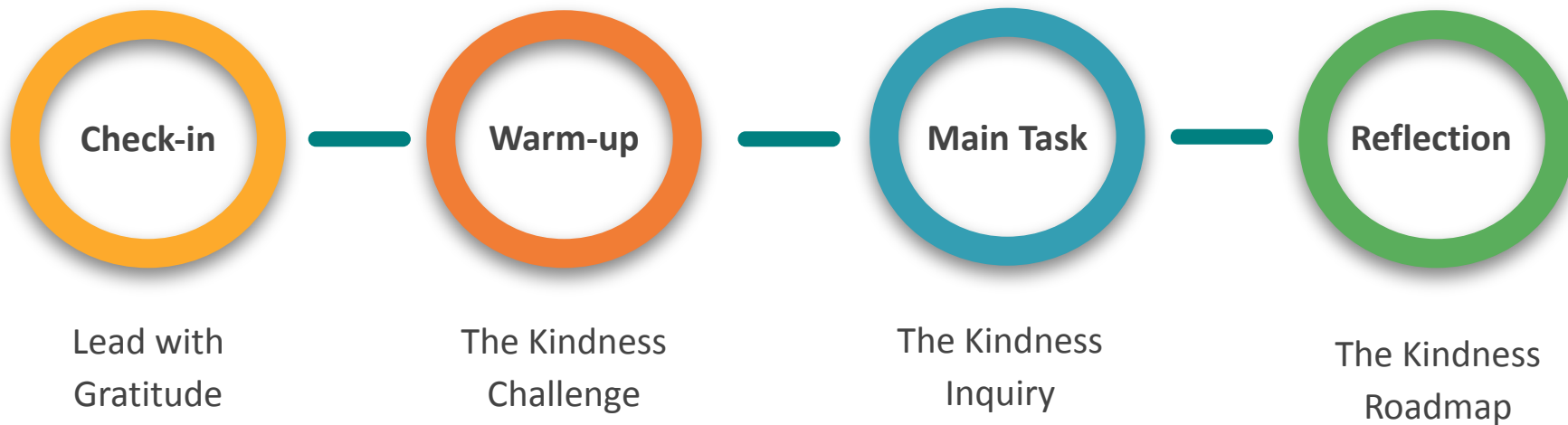
Critical



Communication

Can we lead with kindness?

Find out how being kind can provide leadership qualities. We'll learn how being kind and understanding can help everyone in your group be nicer and more patient with each other.



*"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*



Check-in: Lead with Gratitude

Individual

1. Choose someone you appreciate but haven't thanked
2. Note their actions that brought gratitude.
3. Write a sentence of gratitude, imagining handing it to them.

Life goes by so fast. Let's remember to pay attention to what is important.



Individually

- Think of someone who leads and is kind
- List what makes them kind

As a group

- Prioritise 3 qualities that are important when leading with kindness



Kindness qualities may include

- Listening
- Patience
- Empathy
- Compassion
- Fairness


Step 1: The leadership challenge: Identify a challenge where both leadership and kindness are needed.

Step 2: Kindness qualities shortlist: List kindness qualities that may be important when addressing the challenge.

Step 3: Kindness Action Plan: Write a brief outline to show how to address the challenge.

With your teacher, decide if/when you can take action

Step 4: Implement the Action Plan: Test the plan.



Leading with Kindness Inquiry

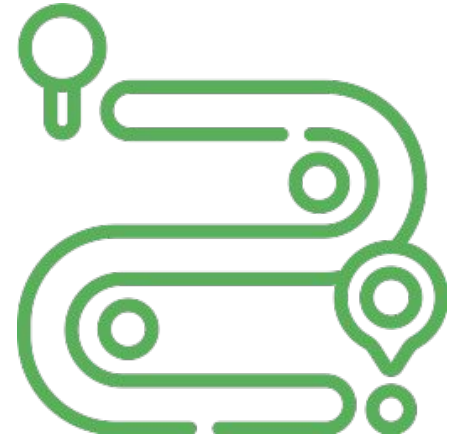
Steps	Tasks	Details
The leadership challenge	Identify a challenge in the school where both leadership and kindness are needed. (Keep it simple)	The challenge is:
Kindness qualities shortlist	List the kindness qualities that are useful when addressing the challenge.	The qualities are:
Leading with Kindness Action Plan	Develop a plan to show how kindness qualities can lead and address this challenge. Include specific activities. Specific Activities may support inclusivity, teamwork, dialogue, active listening	Steps of the plan:
Implement the Action Plan Ask your teacher how you can make the time to discuss actioning the plan	Test the plan to show how kindness qualities can address this challenge. Include time frames, so you know when you will initiate the project,	To test this we will:



Think about this lesson as a journey.

Discuss:

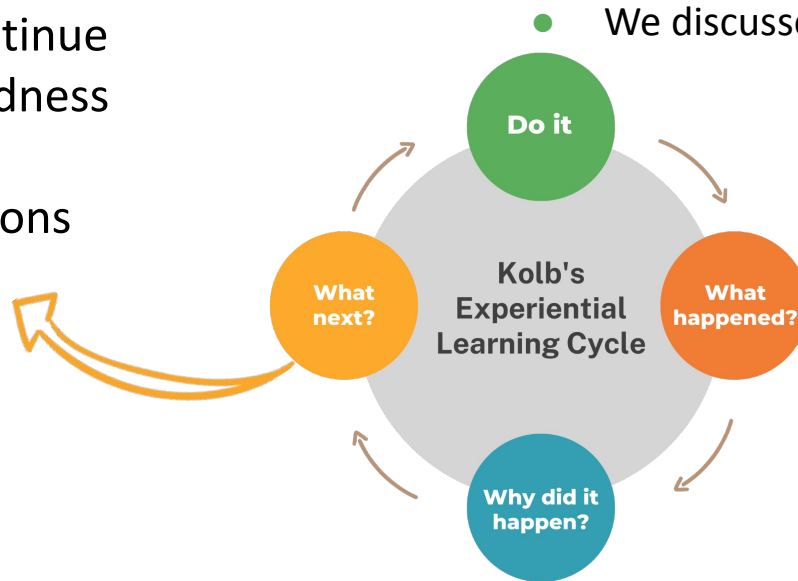
- How is gratitude and kindness connected?
- What are the most important kindness qualities to you?
- How has focusing on kindness affected who you think of as a leader?
- How has the lens of kindness affected the challenge you selected?





Check-out: What next?

- How can we continue leading with kindness and practicing it through our actions each day?



- We discussed qualities of kindness

- We made an action plan

- Reflected on how kindness and leadership are connected

How was this lesson produced?

This lesson was co-created with youth, educators and topic experts from around the world.

Together, we:

- Discussed what, why and how we'd like to learn
- Curated resources
- Created experiential learning activities
- Weaved in evidence-informed approaches
- Built-in opportunities for reflection and contextualisation



Co-creation Journey: Positive Relationships



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