

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) The Kindness Challenge	Students are invited to think of someone who leads, it may be a teacher, student, mentor, community member or role model. <ul style="list-style-type: none"> ● Working groups to support each other and to ideate. ● Students write down the qualities of a leader who is kind ● Together they prioritise 3 qualities that they agree as a group are really important for both leadership and kindness. 	Supporting questions What does that person do that is kind? How do they behave? Prompt the kind of qualities they may list such as compassion, listening, fairness.
Main Activity Groups of 4 (30 mins) The Kindness Inquiry	Students will do this activity as a thought-provoking exercise, however they may like to carry out the action plan. 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.	Use the Action Plan worksheet to support the group's work with prompts. Examples of challenges are shown on the slide notes, some suggestions are below.

	<p><i>Consider how to support students if they want to carry out their action plan.</i></p> <p>Step 4: Implement the Action Plan: Test the plan.</p>	<ul style="list-style-type: none"> ● Promoting positive school culture ● Community participation ● Cultural awareness ● Appreciation and recognition
<p>Reflection Pairs (10 mins)</p> <p>The Kindness Roadmap</p>	<p>In pairs students reflect on this lesson as a journey.</p> <p>Discuss:</p> <ul style="list-style-type: none"> ● 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? 	
<p>Check-in (5 mins)</p>	<p>Students can observe the learning cycle experience and decide how they practise leading with kindness in their daily lives.</p>	

*Most CfL activities work best when the teachers join the students and do the activity with them.