



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: What are random acts of 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, thin strips of paper that can be linked to form a chain, [Smart plan worksheet](#), [Kindness buckets](#) printed out, [Post-learning survey](#).

Lesson Plan – What are random acts of kindness?

Purpose : 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.

Equipment needed: Pencil, paper, computer, projector, strips of paper to make a paper chain, [Smart plan worksheet](#), [Kindness buckets](#) printed out (if needed). [Post-learning survey](#).

Lesson timings (60 minutes- 2 lessons): 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: Printouts are optional for this lesson. There is a supporting 'SMART' plan worksheet, a Buckets of kindness printout (2 per page) and the post-learning survey (you may like to track the survey results)

Students: At the end of the lesson or after the lesson, complete the [post-learning survey](#). Note down any shifts in the survey that have occurred.

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 Pairs (5 mins)	Students will think about how they are feeling and identify the positives in their emotions by connecting an emotion to a kindness-related feeling.	If students cannot identify an emotion today that they connect with kindness, they can just think about how kindness affects their
Heartfelt Words	<ul style="list-style-type: none"> ● One word that describes how you feel today ● Connect the word to a kindness-related feeling. 	



Lesson Video Guide: What are random acts of kindness?

Lesson support

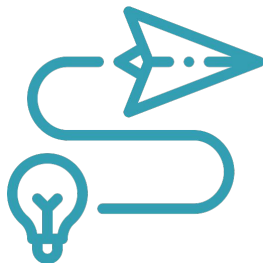
Click on the video for a short introduction on how to approach this lesson.



The 5 C's



Collaborative



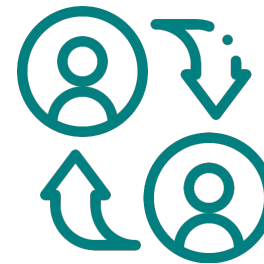
Creative



Caring



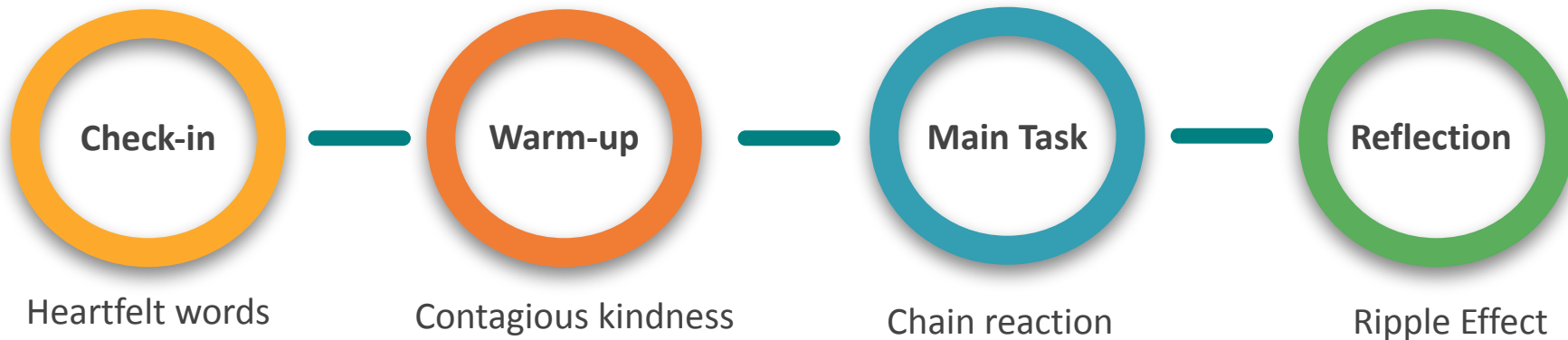
Critical



Communication

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.



“This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.” - The Dalai Lama



Check-in: Heartfelt Words

Pairs

Write down:

- One word that describes how you feel today
- Connect the word to a kindness-related feeling.
- How does your mood change when someone is kind to you? Describe the feeling.



Kindness-related feelings include:

Inspiration
Pride
Connection
Warmth
Energy
Hope

<https://spiritualfitclub.com/practicing-gratitude-positive-thinking-live-happier-life/>

Warm-up: Contagious Kindness

Think - Pair -
Share

Watch the video

1. **Think** about a time when someone's kindness made you feel good.
2. **Pair:** Create a simple "kindness pledge" together.

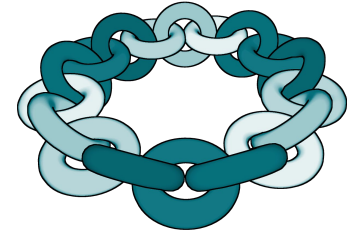
We pledge to...

5. **Share:** The pledge with the class.



Individually

- On a strip of paper, write down an act of kindness you want to do.



Together

- Link the strips to form a kindness chain
- Decide on one act to commit to
- Make a plan to act
- The plan must be a SMART.

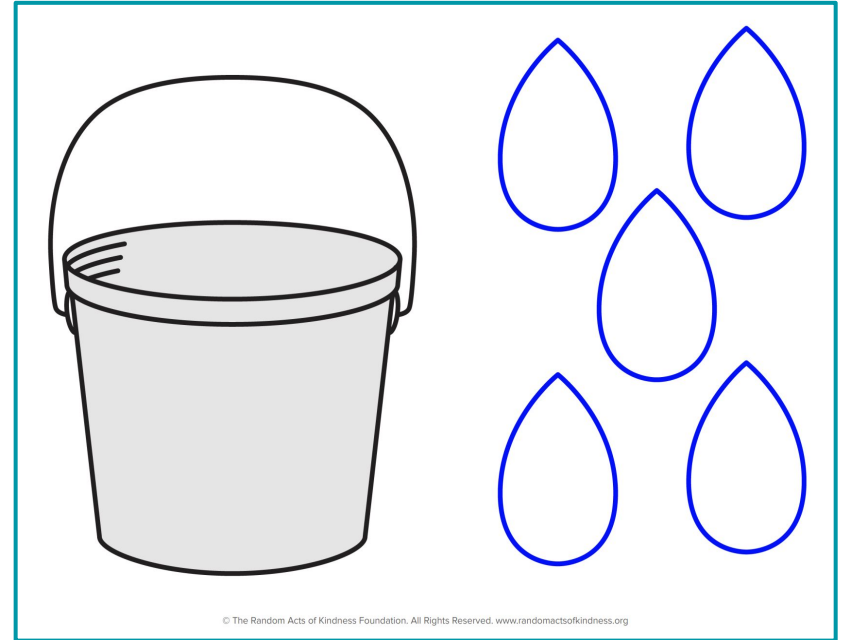
Random Acts of Kindness (R.A.K)

Specifics What is the R.A.K?	Measureable Will we want to/be able to measure the effects of the R.A.K	Achievable Can we do it?	Relevant Does it align with values and needs?	Time-bound When will we do it?

Look at the bucket. Imagine your bucket holds good thoughts and feelings about yourself.

Create a personalized bucket on paper - draw or cut one out

1. Write or draw acts of kindness on a “drop” and add it to your bucket
2. Help fill buckets other than your own
3. Hang up your kindness buckets so people can add to them each day



Adapted from

https://www.randomactsofkindness.org/lesson-plans/kindness-beyond-the-classroom/Kindness_Beyond_the_Classroom_Unit_1_Respect_Boost_1_Kindness_Buckets.pdf

Watch the video

- What words or actions *fill* your bucket?
- What words or actions *empty* your bucket?
- How do you feel when you fill buckets?

What can you do to keep kindness rippling through our community?



Actions we and others take can fill and empty our invisible buckets.

Complete this short Kindness questionnaire

- You completed this at the start of this topic (3 lessons) on being kind

Compare the responses on this questionnaire to the first time you did it.

Think about the experiences in these lessons:

- What made you think?
- What do you want to practice?

	Never	Rarely	Sometimes	Often	Always
Kindness Survey					
I am kind to myself even when things don't go to plan					
I am kind to my friends and family each day					
I can show kindness to other people and animals					
I can identify kindness qualities					
I consciously spread kindness even when someone is unkind					

[Adapted from The Center for Youth Impact \(GWC\) Youth Rating Tool](#)

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



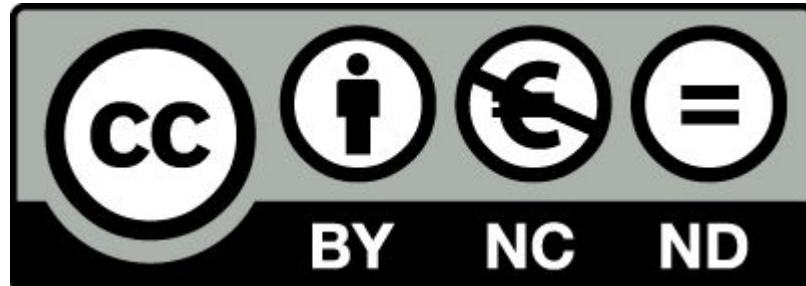
Co-creation Journey: Positive Relationships



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