

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		
<p>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)</p> <p>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.</p>		
Lesson structure	Lesson Content	Resources / Comments
Class Environment 5C Slide	<p>Share the 5C's of the CfL classroom to create a respectful, safe atmosphere and to build trust with each other.</p> <p>Together we are growing a creative, critical, caring, collaborative environment where positive, supportive communication is developed through listening, sharing and building on ideas.</p>	Remind learners how a classroom that explores CfL topics needs to look, feel and sound.
Check-In Pairs (5 mins) Heartfelt Words	<p>Students will think about how they are feeling and identify the positives in their emotions by connecting an emotion to a kindness-related feeling.</p> <ul style="list-style-type: none"> ● One word that describes how you feel today ● Connect the word to a kindness-related feeling. ● How does your mood change when you experience kindness? 	If students cannot identify an emotion today that they connect with kindness, they can just think about how kindness affects their mood and emotions.
Warm-Up Think - Pair - Share (10 mins) Contagious Kindness	<p>Play the video for students. Invite them do the following:</p> <ul style="list-style-type: none"> ● Think about a time when someone's kindness made you feel good. ● Pair: Create a simple "kindness pledge" together. ● Share: The pledge with the class. 	The kindness pledge can be something small that they want to do in the world to spread kindness, maybe to friends, family or community

<p>Main Activity (30 mins)</p> <p>Chain Reaction</p>	<p>Students will need thin strips of paper that can be stuck together to form a paper chain decoration.</p> <p>Individually</p> <ul style="list-style-type: none"> ● On a strip of paper, write down an act of kindness you want to do. <p>Together</p> <ul style="list-style-type: none"> ● 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. 	<p>Use the Smart Plan to support students in making a plan of action.</p>
<p>Reflection Whole group (10 mins)</p> <p>Ripple Effect</p>	<p>Provide students with a kindness bucket (image or print out)</p> <p>Invite them to look at the kindness bucket and Imagine your bucket holds good thoughts and feelings about yourself.</p> <p>Create a personalized bucket on paper - draw or cut one out</p> <ul style="list-style-type: none"> ● Write or draw acts of kindness on a “drop” and add it to your bucket ● Help fill buckets other than your own ● Hang up your kindness buckets so people can add to them each day 	<p>Make sure that students fill other student’s buckets. This is a collaborative task and they can be encouraged to be kind to themselves and others.</p>
<p>Reflection Whole group (10 mins)</p> <p>Ripple Effect</p>	<p>Watch the video. Invite students to think about the words and actions that fill and empty their own kindness buckets.</p> <ul style="list-style-type: none"> ● What words or actions fill your bucket? ● What words or actions empty your bucket? ● How do you feel when you fill buckets? <p>What can you do to keep kindness rippling through our community?</p>	

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