



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.

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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 does it mean to be kind?

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, [kindness card templates](#), [pre-learning survey](#).

Lesson Plan – What does it mean to be Kind?

Purpose : 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

Equipment needed: Pencil, paper, computer, projector, [kindness card templates](#)


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: You may want to print the kindness card templates (there are two/page)		
Students: Provide the pre-learning survey at the start of or before the lesson (you will need to record responses)		
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) Kind to yourself	This activity is designed so students engage with their own experiences of kindness from the start. <ul style="list-style-type: none">● One kind thing you did for yourself recently● One kind thing you did for someone else	
Warm-Up Groups of 4 (10 mins) How is kindness shown?	Students think of all the sentences and phrases that use kindness. Together they: <ul style="list-style-type: none">● What words do you associate with kindness?● What actions do you associate with kindness?● How can we show kindness when someone is being unkind?	Example sentences: I will never forget your kindness" "They showed him great kindness" "How can we repay your kindness?"
Main Activity Groups of 4 (20 mins) Sharing Kindness	Students will spread the gift of kindness around the class by writing someone in the class a postcard . <ul style="list-style-type: none">● Create a kindness card for someone else in the group● The card contains kind messages for your peers	Make sure that everyone in the class will receive a postcard.
Reflection Pairs/Whole Group (10 mins) Our Daily Good	Give students some time to think about and talk with others about the questions: <ul style="list-style-type: none">● How did writing a kindness card make you feel?● How did receiving the card make you feel?● How would you describe kindness?	


Lesson Video Guide: What does it mean to be kind?

Lesson support


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



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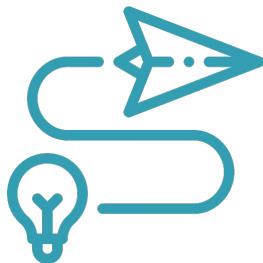
Unit:



The 5 C's



Collaborative



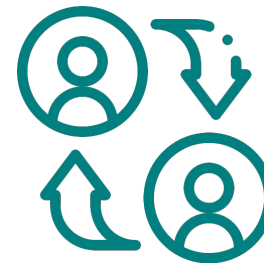
Creative



Caring



Critical

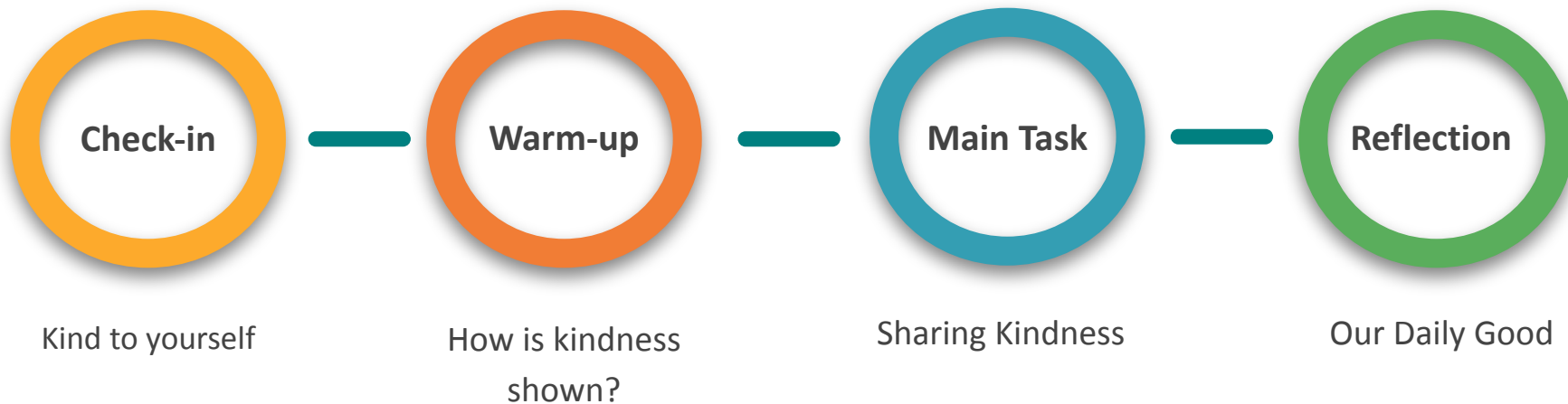


Communication



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



“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

Complete this short Kindness questionnaire.

- Read and think about each statement.
- Mark the box that best describes how you see yourself.
- You can stop at any time, and higher scores are not better or worse – they're just for your awareness.
- Be true to yourself and choose the response that feels closest to how you think about yourself.
- Ask for more information if needed.

Keep a record of your responses to the questions. You will repeat this at the end and see if your responses change.

	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					

Check-in: Have you been kind to yourself?

Individually

Write down

- One kind thing you did for yourself recently
- One kind thing you did for someone else

Consider sharing your responses (or pass) with the whole group





Warm-up: How is kindness shown?

Groups of 4

Think of ways that the word 'kindness' is used in a sentence and discuss:

- What words do you associate with kindness?
- What actions do you associate with kindness?
- How can we show kindness when someone is being unkind?

Kindness in a sentence:

“I will never forget your kindness”

“They showed him great kindness”

“How can we repay your kindness?”

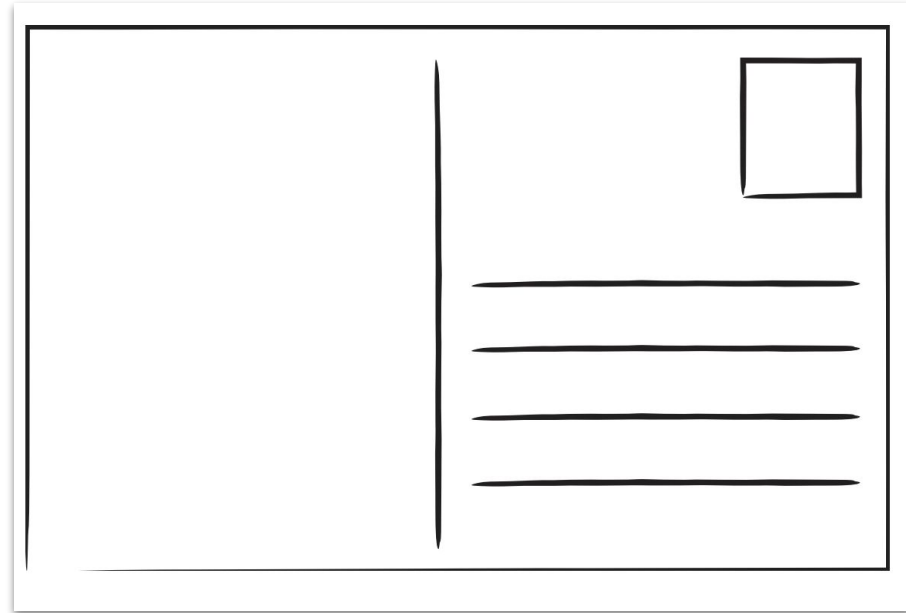
Adapted from:

<https://film-english.com/product/the-power-of-kindness/>

Each person in the group will:

- Create a kindness card for someone else in the group
- The card contains kind messages for your peers

Make sure everyone in your group receives a card.



Adapted from the Redcross [‘Messages of Kindness’](#)



Reflections: Our Daily good

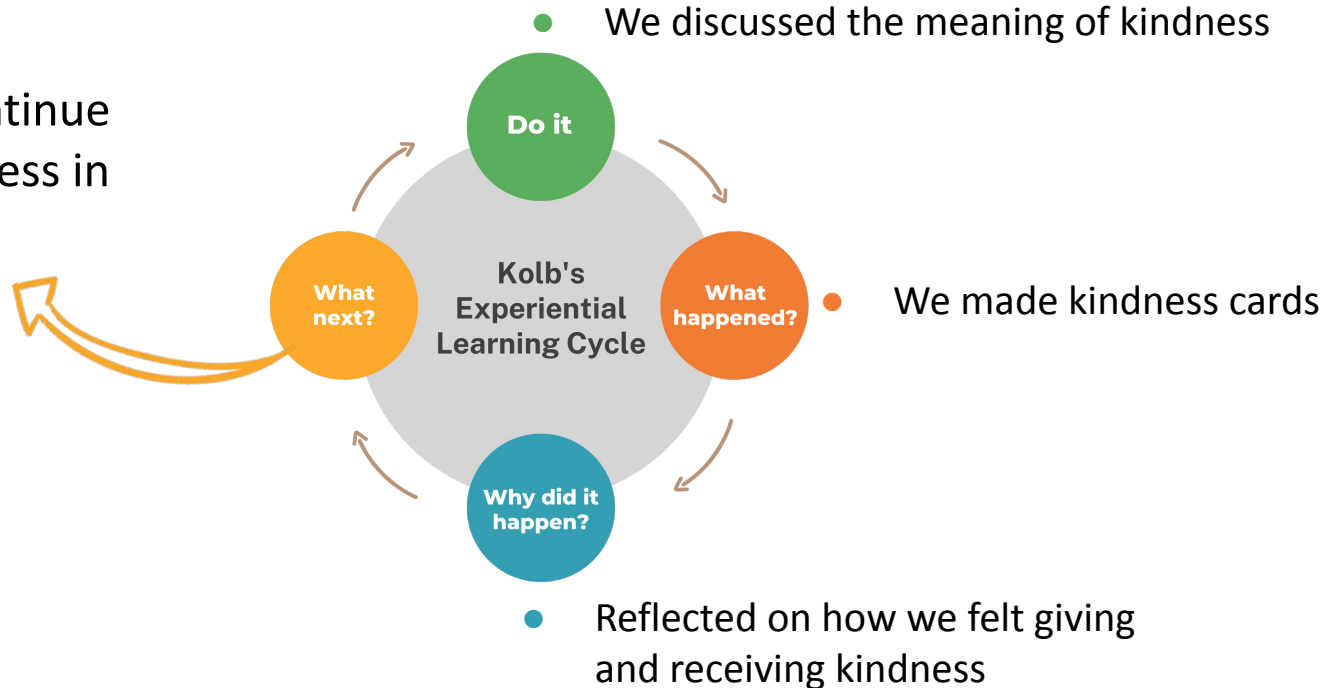
Pairs/
Whole
group

- How did writing the card make you feel?
- How did receiving a kindness card make you feel today?
- How would you describe kindness?





- How can we continue spreading kindness in our daily lives?



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



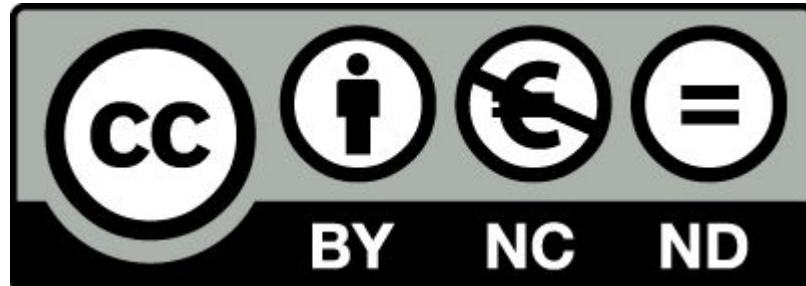
Co-creation Journey: Positive Relationships



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