

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 | | |
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| 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? | |

Check out
(5 mins)

Students can observe the learning cycle experience and decide how they might continue spreading kindness in their daily lives.

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