"I" in Kind Lesson Plan

Theme
Introducing kids to the responsibility they have in being kind.
In order to make their classrooms, playground, schools, communities a kinder place, we all play an important role!

Lesson 1
Print off the worksheet (attached) and have the kids draw a self portrait in place of the "I".

Next
Have kids share their self portrait drawing along with a story about a time that they were kind to someone.

Finally
Have the kids share how they feel when someone is kind to them. Write on a blackboard those positive emotions.

Lesson 2
Get creative:
Cut out large cardboard letters or arrange the kids self portraits in form of lifesize letters K ND

Ideas
*write K ND on a chalkboard and have kids stand in place of the 'T'
*Have classroom/camp lie in the grass to make the word KIND
*Create a Kindness Rocks Inspiration garden and spell out KIND with the rocks

Examples

Lesson 3
Have the class brainstorm ways that they could share kindness.

Next
Create a plan and designate each day to collectively engaging in the agreed upon kindness activity.

Examples
Create Kindness Rocks
Create sticky notes for others to leave around campus
Organize a book or coat drive
Create Kindness Posters to place around the school
THE KINDNESS ROCKS PROJECT

Draw a self portrait in place of the "I"

K N D