

Be Kind List

Name(s):

School:

District:

Grade(s) Served: K, 1, 2, 3, 4, 5

Domain: Personal-Social

Activity

Students will complete a list of 5 things they can do to show kindness for the week.

Lesson Topic

Interpersonal skills to help understand self and others

ASCA Mindset Standards

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
M 3. Sense of belonging in the school environment

ASCA Behavior Standards

B-LS 7. Identify long- and short-term academic, career and social/emotional goals
B-SS 2. Create positive and supportive relationships with other students

Learning Objectives

Students will talk about how to show kindness and will think of ways they can show it to others.

Materials

Handout, pre and post surveys, and writing utensils.

Handouts/Resource

See handout in lesson table

Procedure

Give the pre-survey before the lesson. This may need to be modified based on the age of the students.

Select a small group of students who have sometimes struggle with getting along with others or being nice to other classmates. Ask the students if they can think of a time when they showed kindness to someone or when someone else showed kindness to them. Discuss as a group how showing or being on the receiving end of kindness makes you feel.

After the discussion, pass out the handout. Students will set a goal for themselves to complete 5 ways to be kind for the week. Students can check off the items as they do them throughout the week.

Distribute the post survey.

Plan for Evaluation: How will each of the following be captured?

Process Data

Roster of Students
Schedule for meeting

Perception Data

Bond with School/Student School Climate

Outcome Data

Pre. Vs. Post Survey results.

Follow Up Plan for Students Who Do Not Meet Objectives

Meet with the students one-on-one to discuss the acts of kindness they chose to do and if they met their goal of doing all 5.