



KINDNESS

WHY KINDNESS?

Showing kindness towards peers (doing things for the benefit of others) is an example of pro-social behaviour that is related to healthy development in children.¹ In fact, engaging in pro-social and co-operative behaviour is related to a high self-concept in children. In addition, prosocial interactions are related to life satisfaction, positive affect, and can act as a protective factor against some of the negative effects of being victimized.²

GOALS

To help your students to define what being kind towards those around them means.

To help your students understand the different ways to show kind behaviour towards others.

To help your students think about the different ways they can become kinder individuals, a kinder classroom, and a kinder school.

MATERIALS NEEDED

Bristol board

Markers

Construction paper

Blank paper

Crayons

The authors of this manual recognize that you are the expert of your classroom and if you wish to add to this lesson any of your own activities or materials related to this module's theme, please feel free to do so.



BUILD CHARACTER
BUILD SUCCESS

¹ Cauley, K., & Tyler, B. (1989). The relationship of self-concept and prosocial behaviour in children. *Early Childhood Research Quarterly*, 4(1), 51-60.

² Martin, K., & Huebner, E.S. (2007). Peer victimization and prosocial experience and emotional well-being of middle school students. *Psychology in Schools*, 44(2), 199-208.

Introduction

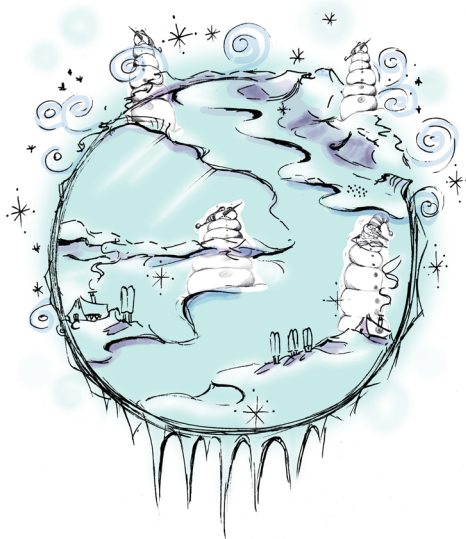
Ask your students to help you come up with a definition of kindness. Brainstorm a definition for the classroom, along with examples of what kind behaviour might include. Organize these behaviours in terms of how to be a more kinder a) individual, b) classroom, c) school (see table below). Post this list in your classroom over the next month to help the children remember. Here are some ways to help them define kindness:

For younger students

- Being gentle and considerate to other people
- Being polite, friendly and helpful
- Doing a good deed for a person, an animal, or the environment

For older students

- Displaying concern and empathy for others
- To provide help to others and being sensitive to the needs of others
- Doing good for other people, animals, and the environment

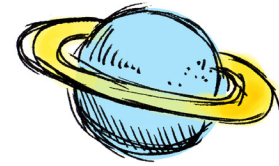


What Kindness Looks Like ³

Caring behaviours may include the following:

- Standing up for someone who is being picked on or helping them tell a teacher what has happened
- Not being mean or cruel to others
- Reminding someone who is feeling down about their strengths and about how special he or she is
- Volunteering with activities at school or in your community
- Donating to a charity (e.g., toys, food, clothes)
- Complimenting others
- Showing concern and support for other people by saying "How can I help you?" and "Are you okay?"
- Being polite and friendly by saying, "Please," "Thank-you," "You're welcome," "Good morning," or "How are you?"
- Talking positively about others when they are not around
- Smiling at those you know and those you don't know
- Giving classmates, friends, and family encouragement and compliments
- Doing something nice for somebody—a random act of kindness
- Helping to keep the environment clean
- Taking care of someone who is sick, or wishing them a quick recovery with a visit or a card
- Never saying anything about a person you would not say to their face

³ Adapted from the Toronto District School Board (TDSB) Build Character Build Success website.



CHALLENGE: HOW TO BE A KINDER...

Individual

Compliment or praise someone when they are doing well

Encourage others or help them when they are having trouble

Apologize if you make a mistake

Being polite by saying please, thank-you, I'm sorry and may I?

Lending an item to a fellow student

Classroom

Making sure no one is left out of classroom activities, inviting others to join in

Partnering up with someone who doesn't have a partner

Being quiet in the hallways when going to another classroom

Greeting the teachers with kind words

Writing a 'No unkind word policy' for the classroom and coming up with appropriate consequences together

School

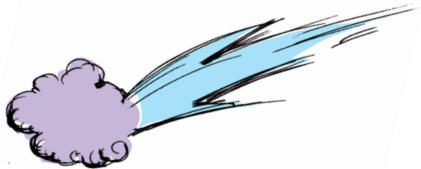
Organizing a charity event for those in need

Being polite and inviting to new students and visitors to our school

Being friendly and encouraging to other sports teams who come play at our school

Volunteering to help set up for an event at our school (e.g., dance, science fair)

Giving to local charities



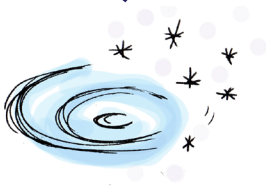
Quazar Video 1 Questions

NOTE: These video clips are snapshots of the character attribute. They are not meant to be complete lessons, but simply to bring awareness of the attribute to your students.

Here are some follow-up questions for the Quazar video to help your students think about kindness:

- 1) What is an example of a “good deed” that shows kindness?
- 2) Is it ever difficult to be polite, friendly and helpful? Why?
- 3) Do you have a favourite way to show kindness (towards people, animals or the environment)?
- 4) What are some ways we can practice kindness in our classroom and in our school?





Quazar Video 2 Questions

Here are some follow-up questions and possible answers for the second Quazar video to help your students think about kindness:

1) Why was everyone on the planet Tropicania so cold? What feeling do you think the cold temperature on the planet stands for?

A: The inhabitants were being unkind to each other. The cold temperature represents the feeling you get when someone is not nice to you. It makes you feel sad, lonely, and makes you act unkindly towards other people in return.

2) What are some examples of unkind things the inhabitants of Tropicania were doing? Why were these things unkind?

A: The inhabitants of Tropicania were being selfish when they said, "It's mine!" Being selfish is unkind because it does not let another person take a turn at having something (e.g., playing with a toy or video game) and it makes other people frustrated and annoyed.

They were also insulting each other and no one was helping the person being insulted. This is very unkind because it makes other people feel very bad about themselves and hurts their feelings. It might hurt them for a long time and it is embarrassing if someone is insulted in front of other people.

They also weren't smiling at each other and they were ignoring what everyone was saying. This is unkind because they are not being polite to one another and not listening makes people feel like no one hears their opinion and makes them frustrated and upset.

3) What kind things could the inhabitants of Tropicania have been doing instead for each example listed above?

A: Instead of being selfish, they could have been polite to one another and offered to share their things and taken turns. They could have politely asked permission to use each other's things by saying, "May I please use this," or ask "Would someone else like to use this for a little while?"

Instead of insulting and dissing each other, they could have been complimenting each other or saying nice things to one another. They could have also helped the person that was being insulted by helping them talk to an adult or standing up for them.

Instead of ignoring each other, they could have been smiling at each other and being polite. They could have said nice things to each other like, "Good morning," or shown concern for each other's feelings by saying, "How are you feeling?"

4) Have you ever felt "cold" because you were not kind to someone else? What happened? What could you have done instead that would have shown that you are kind?

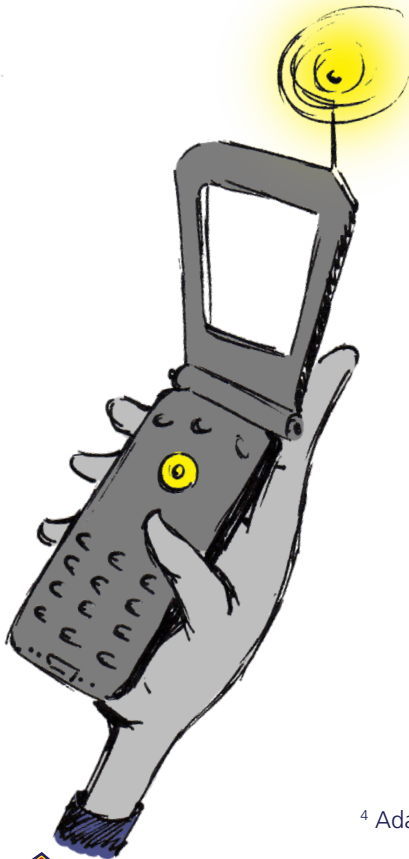
A: (Discuss different points of view).



Classroom Activities

For younger students

- 1) Have each student draw a picture of a time that someone did something kind for them. Have them share their drawings with the class and explain how this act of kindness made them feel. Have a discussion about which feels better: showing someone an act of kindness, or having someone show them an act of kindness? Discuss the advantages of both.
- 2) Have students draw a picture of a job in the community that they think involves helping others. Have them explain how these community helpers are kind and whether they would like to do this type of work in the future, and why.



For older students

- 1) Have students think about the person they feel has been the most kind person they know. This could be a friend, a parent, a coach, or anyone else who has shown them kindness. Have your students write a short paragraph about why they feel this person is the kindest person they know. What kind things has this person done? How did these acts make them feel? Have students share their answers with the class or in small groups and have the students discuss how these people have inspired them and what things they could do to be more like these people.
- 2) Break students up into small groups and have them discuss the following: "It is uncool to be a kind person." Have them discuss whether they feel pressure from their friends to be unkind. How can they encourage their friends to be kinder to one another?
- 3) This exercise is meant to help students become mindful of when they become angry, and help them learn how to calm themselves down so that they do not act out in an unkind manner. Ask your students to imagine a time when a person or a situation made them feel very angry, so angry that they lashed out and said something cruel, or unkind. Now ask students to take themselves back to that time and instead of reacting, to imagine watching themselves be angry, but not reacting. Tell them to wait 10 seconds, and take 3 deep breaths, but not do anything. What do they see? Do they feel calmer than when they first pictured themselves in their angry situation? Ask students to practice this technique in real life (watching their anger, breathing, and not reacting for 10 seconds) once during the next week, and report back about whether it helped prevent them from saying something unkind.⁴
- 4) Use the above strategies in a role-play and discuss how the students felt after using them.

⁴ Adapted from Tolle, E. (2004). The Power of Now. Novato, CA: New World Library.

Quotations About Kindness

These quotations can also be posted in the classroom to remind students about the importance of being kind to others:



"Don't wait for people to be kind, show them how."

~ Author Unknown

"Never look down on anybody unless you're helping him up."

~ Jesse Jackson (Civil Rights Leader)

**"Treat everyone with politeness, even those who are rude to you
- not because they are nice, but because you are."**

~ Author Unknown

**"The only people with whom you should try to get even are those
who have helped you."**

~ John E. Southard (U.S. Statesman)

"When you are kind to others, it not only changes you, it changes the world."

~ Harold Kushner (Rabbi)

"Love all. Serve all. Help ever. Hurt never."

~ Sathay Sai Baba (Spiritual Educator)





Kindness Reading List

The following books explore the theme of kindness for children of different ages and can also be used to help teach students about being a kind person:

Grades K-3:

- *The Giving Tree* by Shel Silverstein
- *Big Bear Hug* by Nicholas Oldland
- *Love You Forever* by Robert Munsch
- *Our Tree Named Steve* by Alan Zweibel

Grades 3-5:

- *Bear Feels Sick* by Karma Wilson
- *Earth to Audrey* by Susan Hughes
- *Scaredy Squirrel Makes a Friend* by Melanie Watt
- *Grumpy Bird* by Jeremy Tankard

Grades 6-8

- *Tuck Everlasting* by Natalie Babbitt
- *Dear Mr. Henshaw* by Beverly Cleary
- *Dancing Through the Snow* by Jean Little
- *Stone Fox* by Jone Reynolds Gardiner
- *Holes* by Louis Sachar
- *The Diary of Anne Frank* by Anne Frank

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