

Kindness

Syllables

kind•ness

Pronunciation

kahynd-nis

Definition

Being caring and compassionate.

(Caring for others in the manner we would want to be treated is an act of **kindness**.)

Simply put: Be nice

Related Terms

Compassion: Concern for others and wanting to help.

Leniency: Showing mercy.

Sympathetic: Being understanding and supportive.

Fundamental Question:

How can I be more kind to the people around me?

Students will investigate the idea that acting with kindness can be a reward both to yourself and others by creating a positive and thoughtful environment.

Objectives

Each student will:

1. Brainstorm many and varied kind responses to several scenarios;
2. Relate personal, real-life examples of kind acts;
3. Perform an hour of kind acts; and
4. Design an advertisement to promote kindness.

Before you begin

- Print out one copy of *How Very Kind* for each student.

Suggested Sidebars:

Speaking of Kindness (Discussion Idea)

Can you act with kindness and get absolutely nothing back in return? Is getting a good feeling from doing something kind “getting something back”? Is the kindness any more or less valuable if you get something in return?

Taking It to the Next Level

Find (or, better yet, make up) a quote about kindness. Write it on a sentence strip (or other paper). Invite your teacher to place the quotes on a bulletin board in your classroom or hallway.

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Procedure

1. Read aloud the following scenarios one at a time, allowing for comments and discussion after each one. Before each scenario ask: “What are many, varied ways in which you could respond with genuine (real) kindness if ...”
 - Sammy, a kindergartner, lost the toy bear he brought to school?
 - Your friend Jillian messed up big time at her piano recital?
 - Your elderly neighbor was ill?
 - A worm was trying to cross a busy sidewalk?
 - You saw someone purposely damage someone else’s bike?

Then add: “What are some actual situations where you have shown kindness to someone? When has kindness been shown to you?”

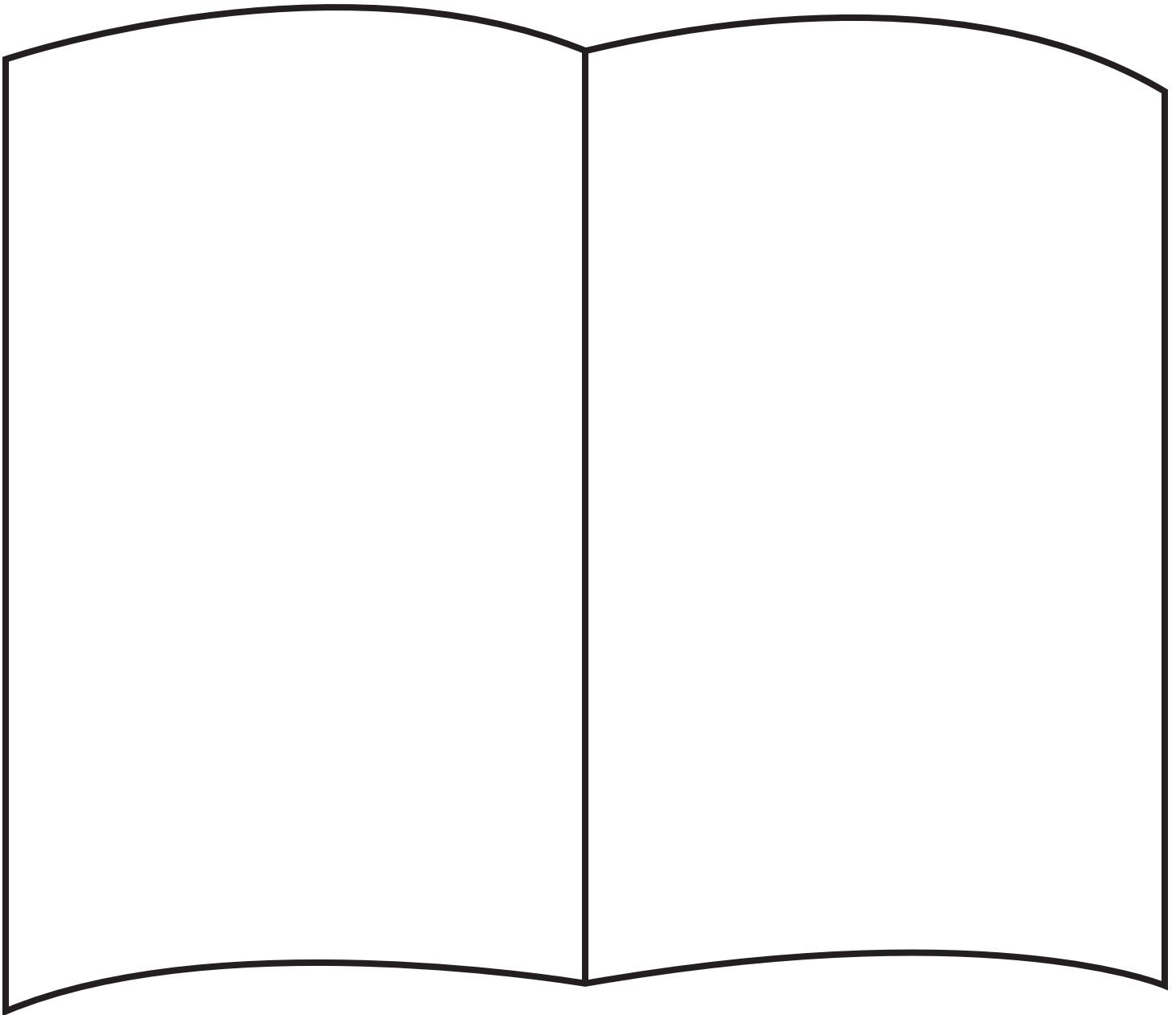
2. Do an “hour of kindness” during which your students think up and perform 60 minutes (clocked) of kind deeds. These deeds can range from picking up litter on the school playground to smiling at each other to reading to a younger child ... the list is limited only by the children’s imaginations and school policies.
3. **Follow Up:** Distribute the *How Very Kind* sheets and review the directions with your students.

Name _____

Reminder: Kindness means being caring and compassionate.

How Very Kind

Design a magazine advertisement that will really inspire others to act with kindness.



Today's Thought: *The smallest act of kindness is worth more than the grandest intention.*

— **Attributed to Oscar Wilde, poet and playwright**