

### ACTIVITY: ONE KIND WORD

Provided by InspirED

#### PATHWAY

DEVELOPING POSITIVE MINDSETS  
STRENGTHENING PEER RELATIONSHIPS  
FOSTERING STUDENT EMPATHY  
MANAGING EMOTIONS

**GRADES:** K - 3<sup>RD</sup>

**DURATION:** 15 min  
per activity (3)

**INTENSITY:** MODERATE

#### MATERIALS & PREP

- Device to stream YouTube videos
- Writing or drawing materials

#### WHY TRY IT?

Children will be able to describe how a kind word/action can positively affect themselves and others. They will develop empathy and identify ways to be understanding toward others. Research shows that kindness often benefits the giver even more than the receiver. Practicing kindness improves mood and overall health.

#### TEACHING CONSIDERATIONS

After teaching the initial lesson, consider asking children to plan small acts of kindness or write kind messages to others once a week or anytime your family needs a kindness “boost.”

#### HOW TO DO IT

**Frame the lesson:** Explain that today’s lesson is focused on small acts of kindness. Ask children: When have you experienced an act of kindness? In what ways have you shown kindness to another person? How did these examples make you feel?

**Note:** It may be beneficial to allow children to think quietly or write/draw in their journals before answering out loud.

#### ACTIVITY 1

#### CONSIDERING THE POWER OF KINDNESS

Watch the read aloud video featuring the book *Be Kind* by Pat Zietlow Miller and Jen Hill (<https://www.youtube.com/watch?v=t6NUJ2JZz50>). After watching the story, discuss the following:

1. The narrator names three ways to be kind. Have you ever been kind in these ways? What are some examples? Are there other ways to be kind?
  - Giving
  - Helping
  - Paying attention
2. The narrator says that being kind can be hard. In the story, she has a tough time figuring out how to show kindness to Tanisha. Why do you think kindness can be difficult? Have you ever had a tough time being kind?
3. Why are even small acts of kindness important? What makes kindness powerful?

**Note:** This read aloud could easily be replaced by a different book or video about kindness. Feel free to use a personal favorite if you have one.

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### ▶ ACTIVITY 2 PLANNING SMALL ACTS OF KINDNESS

Have students write or draw for 5 minutes about one kind or thoughtful thing they can do today to make someone in their life feel valued. Ask them to write down:

- the person's name
- what kind or thoughtful action or words they have planned for that person
- why they think that action will make the person feel valued

**Note:** Younger children may need your help to label pictures or write down their ideas as they dictate. Some children might benefit from having the following sentence stems written out for them to guide their thinking.

- I'm planning an act of kindness for \_\_\_\_\_.
- I will \_\_\_\_\_.
- This will make them feel \_\_\_\_\_ because \_\_\_\_\_.

### ▶ ACTIVITY 3 WRAP UP

Play the Sesame Street music video clip "Try a Little Kindness" with Tori Kelly (<https://www.youtube.com/watch?v=enaRNnEzwi4>) and allow children to dance and/or sing along.

The song includes the lyric "try a little kindness, you might be surprised to realize how good it makes you feel." Ask children to share out how it feels to offer kind words to another person.

**Optional discussion:** How might you know that a friend, acquaintance or family member is in need of kindness?