INTRODUCTION

At the Random Acts of Kindness Foundation, we believe that kindness is an intrinsic quality and also a skill that can be taught. We have identified 12 Kindness Concepts that are integral to developing kindness toward each other and ourselves. These concepts help to inspire and empower students with kindness skills that prompt them to act kindly toward others and share kindness, which is the RAK pedagogy. These concepts are woven into the RAK lessons and materials and can be further explored through the use of Kindness Tool Kits in kindergarten through 5th grade. These 12 kits (each focused on one Kindness Concept) are referenced at appropriate times during K-5 lessons to support and enhance student learning; they can also be used at other times during class to support the creation of a kind classroom.

HOW TO CREATE KINDNESS TOOL KITS

Listed below are the 12 Kindness Concepts, their elementary definitions, the images from the Kindness Concept posters for K-5, and suggestions for materials, on-line resources and/or links to the RAK Lessons that will further support students developing an intrinsic understanding of kindness.

There are many ways to create Kindness Tool Kits from the resources that are listed below, such as:

- Use gallon plastic bags or shoeboxes to store the Kindness Tool Kits, using one container for each Kindness Concept so they can be easily accessed. Glue or tape the Kindness Concept image from the following pages on the container so the students can easily identify the concept.
- Create folders on your web browser for each of the Kindness Concepts so that you can store the links that are listed below as well as add other resources that promote kindness.
- Allow students to suggest other materials for the Kindness Tool Kits.
- Store Kindness Tool Kits in a visible place so students can access them during a free choice time.

HOW TO USE KINDNESS TOOL KITS

The Kindness Tool Kits are designed for K-5 students to support their learning in the classroom, and can be used individually, in small groups or as a whole class. However, teachers may decide to use these kits with middle school students who are developing their social and emotional skills and would benefit from additional support in these areas. For example, a student who is working on self-discipline may choose to use the stress ball that is found in the Tool Kit for self-discipline, to help them focus during the instruction of a RAK Lesson or even during an academic lesson.

You may also want to:

- Provide students the resources from the Kindness Tool Kits during lessons to improve focus.
- Make the Kindness Tool Kits accessible for students to work with if they complete a classroom assignment early.
- Set up a learning center focused around using Kindness Tool Kits.
- Use the Kindness Tool Kits to provide additional support when working to meet a student’s Individual Education Plan (IEP) goals.
- Reteach a Kindness Concept to the class, a small group or an individual student using the Kindness Tool Kits.
K-5 KINDNESS TOOL KITS

Assertiveness

**Elementary Definition:** Standing up for yourself and what you believe without upsetting others.

- K-3: Include a copy of the book *One* by Kathryn Otoshi (*It Takes One*, Grade 2 lesson).
- 2-5: During a free choice time, have students enact the Bullying Role-Plays (*It Takes One*, Grade 2 lesson). If students are already familiar with the role-plays in the lesson, have them write their own.
- K-5: Have a copy of the Peace Place Rules (*Learning to Solve Problems*, Grade 1 lesson).

Caring

**Elementary Definition:** Feeling and showing concern for others.

- K-2: Include a copy of the Kindness Song (*Caring for Others*, Kindergarten lesson).
- K-5: Include blank cards for students to write caring cards to each other during a free time. Include a word bank of phrases students might use to show caring such as, “Get Well Soon” or “I’m lucky you’re my friend.”

Compassion

**Elementary Definition:** Caring about someone else’s feelings, and offering to help that person.

- K-3: Have the Kindness Video bookmarked on YouTube http://www.youtube.com/watch?v=SaHFi_68cks
- 1-5: Print out a set of the Feelings Cards and Feelings Situations for students to independently practice matching (*Feelings and Actions*, Grade 1 lesson). Add more pictures from clip art if you like. If students need help self-correcting, add a matching colored dot to the back of each card/picture so they can check their work.
KINDNESS TOOL KITS

Fairness

**Elementary Definition:** Treating everyone the same.

- K-5: Use a Talking Stick (Learning to Listen, Grade 1 lesson) during instruction or group time.
- K-5: Include some age appropriate board games so that students can practice fairness. Provide a note card that lists the following steps to promote fairness:
  1. Agree on the rules of the game.
  2. Follow the rules.
  3. If the rules aren’t followed kindly, remind the player and ask the player to apologize and make it right.
  4. When the game is over, thank each other for playing. For emergent readers, use pictures to illustrate each step.

Gratitude

**Elementary Definition:** Being thankful.

- K-5: Make a “Gratitude Dice Game” out of a blank dice template and add questions so that students can roll the dice and answer questions about gratitude. Examples: “What are you grateful for at school, home, with friends, etc.?”. You can find a template for your dice here: [http://englishgenie.com/wp-content/uploads/2012/05/six-sided-dice-blank.pdf](http://englishgenie.com/wp-content/uploads/2012/05/six-sided-dice-blank.pdf)
- K-5: Include mini blank paper “journals” that students can use to create a gratitude journal.
- 2-5: Include a copy of *The Quilt Maker’s Gift* by Jeff Brumbeau for students to reread (How Can We Be Kind?, Grade 2 lesson).
- K-5: Bookmark this e-card resource so that your class can send a card to someone who has made a difference: [http://www.values.com/pass-it-on-e_cards](http://www.values.com/pass-it-on-e_cards)

Helpfulness

**Elementary Definition:** Giving help to others.

- K-5: Include laminated cards that are green on one side and red on the other so when students are working in teams they can let the teacher and their team know if they think they need help.
- 1-5: Include index cards so that two students can add problems to the cards and then think together about ways to be helpful and solve the problems. This could be a great center where students could add problems to the deck of index cards (How Can We Solve this Problem? Activity, Learning to Solve Problems, Grade 1 lesson).
Integrity

Elementary Definition: Doing what is right even when no one is watching.

- K-5: Have students write or draw ways they can do the right thing and what makes it hard for them to do the right thing.
- 3-5: Bookmark on the classroom computer a list of inspiring videos about Integrity like these: http://inspiremykids.com/
- 1-5: Have students create skits where they show doing what is right, modeled after the Good Manners skits for the younger grades (Good Manners, Grade 1 lesson.)

Perseverance

Elementary Definition: Keep trying even when something is hard.

- 2-5: Bookmark the inspirational video about Cody McCasland for students to watch and be inspired to persevere: https://www.youtube.com/watch?v=ladcCd9PRLc
- K-5: Include mini inspirational cards that can be placed on students’ desks to remind them to keep trying. These could have inspirational quotes, phrases or pictures that the students help design.
- K-5: Watch the inspirational video about Alferd Williams learning to read at 70 years old: http://www.values.com/billboard-videos

Respect

Elementary Definition: Treating others as you would like to be treated.

- K-5: Use a hula hoop to illustrate personal space. This is a little big to put in a tool kit but it is a great kinesthetic reminder of personal space.
- K-5: Try writing out your classroom rules in a tactile way that kinesthetic learners can relate to (either through line drawings or words). For example:
  1. Use a permanent marker on sandpaper.
  2. Add a little sand to glue and trace the words on a piece of tag board.
  3. Laminate a copy of the rules written in large print and let students use “snakes” of play dough to create the letters and words.
  4. Use Wiki sticks to trace the rules.
- K-2: Provide copies of the books How Full is Your Bucket? (Caring for Others, Kindergarten lesson) and Talk and Work it Out (Learning to Solve Problems, Grade 1 lesson)
- K-2: Include a copy of Know and Follow Rules (Following the Rules, Kindergarten lesson).
- 1-3: Have copies of the Manners Skits (Good Manners, Grade 1 lesson) so that two or three students can work independently and practice the skits. Include a few small dolls or stuffed animals so that one student can act out each part.
- K-5: Add copies of labeled pictures showing students in the classroom following the rules mounted into a small photo book.
Responsibility

**Elementary Definition:** Doing what you need to do.

- K-2: Have students quiz each other on the rules from the Rules in the Classroom Activity (Following the Rules, Kindergarten lesson)
- K-5: Include therapy dough and a laminated work mat that can be used with simple rules to show responsibility. An example of language that can be used is, “It’s important to be responsible with the putty so we can keep a clean classroom. The rule is it needs to be on your work mat.”
- K-5: Have students record themselves reciting the classroom rules or other pro-social behaviors. Students can listen to these later to help them remember how to demonstrate appropriate behavior.
- K-5: Have visual copies of schedule available so students can predict the day and help lessen anxiety of what comes next. Another option is to laminate the schedule so that students can use wipe-off markers to check each item off the schedule as it is completed.

Self-Care

**Elementary Definition:** Learning how to take care of yourself.

- K-2: Include copy of *Today I Feel Silly and other Moods That Make My Day* by Jamie Lee Curtis (Feelings and Behavior, Kindergarten lesson)
- K-2: Include copy of *The Way I Feel* by Janan Cain (Feelings and Behavior, Kindergarten lesson)
- K-5: Record positive self-talk phrases (students, teachers or parents can lend their voice to the cause) for students to listen to when times get tough.
- K-5: Repetitive patterns have shown to be calming; incorporate this strategy into your classroom through offering students printable mandala pages to color, such as these: http://printmandala.com/.

Self-Discipline

**Elementary Definition:** Controlling what you do or say so you don’t hurt yourself or others.

- K-2: Small Lego or Playmobile people and play fences to illustrate personal boundaries. Pictures of boundaries from Personal Boundaries Activity (Creating a Kind Classroom, Kindergarten lesson).
- K-2: Include a copy of *Personal Space Camp* by Julie Cook.
- K-5: Make stress balls out of balloons filled with sand that have two faces on them, one with a challenging emotion and the other with a calm emotion. Students can use these to stay calm and focused during the lessons while using positive self-talk.
- K-5: Include a copy of the Feelings Images sheet (Feelings and Behavior, Kindergarten lesson)
- K-5: Practice listening skills in a fun way by playing games, such as Simon Says and What Do You Hear (Learning to Listen, Grade 1 lesson).