



Grade 2 • Ages 7-8

Kindness means being friendly, generous or considerate to ourselves and others through our words, thoughts and actions.



These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit [randomactsofkindness.org](http://randomactsofkindness.org)

If you have questions or comments, please email us at [teacherhelp@randomactsofkindness.org](mailto:teacherhelp@randomactsofkindness.org)

## How Can I Be Kind?

Kindness can be cultivated through our behaviors and attitudes. In this unit students will learn what it means to be kind and how to apply kindness to themselves and each other at school and home.

### Unit Objective

Students will identify ways to act kindly to themselves and others and be grateful.

### Introducing This Unit To Your Students

*For the next few weeks, we are going to talk about what it means to show kindness to others and be grateful. What does it mean to you to be caring or act kindly toward others? Can anyone give me an example of something kind that you did for yourself or someone else recently? What does it mean to be grateful? Can you describe something that made you feel grateful this week?*

Allow time for students to respond and discuss, either as a class or in small groups. You can also use this time to introduce the key Kindness Concepts (compassion and gratitude) and create community definitions for these concepts or share the definitions listed below. Consider using the [Kindness Concept Posters](#) for compassion and gratitude as a way to reinforce learning.

### Kindness Concepts

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

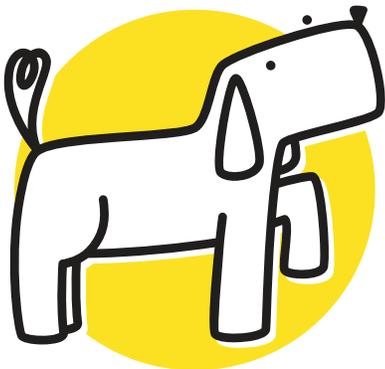
**GRATITUDE** Being thankful for and appreciating what you have and those around you.

**COMPASSION** Being aware when others are sick, sad, or hurt and wanting to help.

# Unit Lessons

There are four lessons in this unit plus an optional lesson if you have time.

LESSON TITLE	LESSON GOALS	LESSON MATERIALS
Lesson 1: RAK Music Video	Students will be exposed to the concept of a Random Act of Kindness and will learn a song to remind them of some acts.	<ul style="list-style-type: none"><li>• Music video "A Random Act of Kindness" cued before class: <a href="https://www.youtube.com/watch?v=SaHFj_68cKs">https://www.youtube.com/watch?v=SaHFj_68cKs</a></li><li>• RAK Journals</li><li>• <a href="#">Kindness Concept Posters</a>: Gratitude and Compassion</li></ul>
Lesson 2: Kindness and Gratitude Game	Students will practice saying kind things to others and themselves and will focus on things for which they are grateful.	<ul style="list-style-type: none"><li>• Balls or bean bags, enough for each group of five students to have one</li><li>• RAK journals</li><li>• <a href="#">Kindness Concept Posters</a>: Gratitude</li></ul>
Lesson 3: A-Z Kindness Book	Students will practice sharing ideas and brainstorming ways to be kind to others while creating a book.	<ul style="list-style-type: none"><li>• RAK journals for writing activities</li><li>• Heavy white paper, one for each student</li><li>• Pencils, markers, colored pencils, or crayons, photos, magazine images</li><li>• 3 hole punch</li><li>• Brads/rings to hold book together</li></ul>
Lesson 4: Gratitude Poem	Students will explore different things they feel grateful for and create a poem about something for which they are grateful.	<ul style="list-style-type: none"><li>• Paper and pencils</li><li>• RAK journals</li><li>• Copies of Cinquain poem activity sheet (Limerick, Haiku, Free Verse, or Diamonte poems could also be used)</li><li>• <a href="#">Kindness Concept Poster</a> for Gratitude</li></ul>



## Unit Notes

The activities in this lesson focus on a central theme and connect to different academic curriculum areas.

The lessons are intended to be easy to teach and fun to use while helping to develop social and emotional skills.

Lesson activities use a variety of modalities to address different learning styles. The lessons build on each other.

Each lesson includes choices of evaluation or reflection questions, which can be written, discussed or used as journal entries. Consider writing these on the board before the lesson begins.

The activities also incorporate key Kindness Concepts, which can be introduced before teaching the lesson or as the concepts are discussed in the lesson. Consider displaying the [Kindness Concept Posters](#) during the unit. See the [RAK Educator Guide](#) and [Building Trust in the Classroom](#) for information about using Kindness Concepts to create a healthy classroom environment and help students develop pro-social behaviors.

Each activity includes tips for how to adapt the curriculum to meet the needs of diverse learners.

[The Kindness Tool Kit](#) is another way to meet the needs of diverse learners. See the [RAK Educator Guide](#) for how to create and use this tool kit.

RAK also has developed [Focusing Strategies](#) and [Problem-Solving Strategies](#) to help students better regulate their emotions, think through challenging situations, and build healthy relationships, friendships and community. See the [RAK Educator Guide](#) for more information about incorporating those strategies into the unit.

Regularly revisiting the topics or questions raised during discussions will expand student understanding of the concepts. Scripted explanations are provided, but feel free to use language that feels natural for you.

The Common Core, 21st Century, SEL and Colorado P-12 Academic Standards met in this unit are listed at the start of each lesson. A [Learning Standards Key](#) is provided on the website for your reference.

