



How Can I Be Kind? Unit Grade 2 • Ages 7-8

TIME FRAME

Preparation: 10 minutes
Instruction: 30 minutes

MATERIALS

Music video "A Random Act of Kindness" by Glenn Colton. Cued before class:

https://www.youtube.com/watch?v=SaHFj_68cKs

RAK journals

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.2.1a-c, 2, 3 Colorado: Reading, Writing and Communicating S.1, GLE.1, EO.b,c,e,f; S.1, GLE.2, EO.a.i-iii)

[Learning standards key](#)

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.

Lesson Background for Teachers

Kindness is expressed through our thoughts and actions to ourselves, others and our community.

Performing acts of kindness has shown benefits to the performer, the recipient and the observer. Acts of kindness reduce stress, lead to more kindness and create a feeling of connection to others.

Key Terms for Students

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

- KINDNESS** Kindness means being friendly, generous or considerate to ourselves and others through our thoughts, words and actions.
- RANDOM ACT OF KINDNESS** Performing an act of kindness that the receiver does not expect.
- COMPASSION** Being aware when others are sick, sad, or hurt and wanting to help.
- GRATITUDE** Being thankful for and appreciating what you have and those around you.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

The **Share** step in the first lesson of each unit is intended to set the tone for teaching kindness.



The RAK paradigm is the framework for teaching and building kindness skills.



TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Drawing their response to the evaluation question.
- Seeing a video recording that you make of the class being kind to each other in different ways. Have the recording available at a kindness center in the classroom for students to review.
- Being acknowledged when they show kindness throughout the day.
- Recognizing each other's kind acts at a morning meeting or at the end of the day.

Resources

www.randomactsofkindness.org

Share (3 mins)

Share with the person next to you the kindest thing someone's ever done for you.

Inspire

Music Video (5 mins)

Let students know you will be learning a song about kindness.

Show the music video "A Random Act of Kindness" by Glenn Colton.
https://www.youtube.com/watch?v=SaHFj_68cKs

Empower

Discussion (15 mins)

After showing the music video, ask the following questions:

- What are some **random acts of kindness** shown in the music video? (Possible answers: Helping a friend; telling someone not to worry; writing a letter to a friend when they are feeling upset; telling someone they are your best friend)
- How do you think the **acts of kindness** made the people in the video feel?
- How does **gratitude** play a part in performing an act of **kindness**?
- Have you ever done or said something that made a person feel better? How did you show **compassion**?
- Can you describe a time when someone said something kind to you? How did that make you feel?
- Do you think it makes a difference when you say something kind or caring to someone? Why or why not?

Play the video again and let students sing along.

Wrap Up (5 mins)

To gauge understanding of the material, choose from the evaluation and reflection questions as discussion, or writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Questions

- What were some ways **kindness** was shown in the video?
- What is a random act of **kindness**?

Reflection Questions

- Is **kindness** something you just do for others?
- Can you be kind to yourself? Your community? Your environment?

Summary

Today we learned about some ways we can perform **acts of kindness** for others.



Act (2 mins)

Kindness Minute

As an **act of kindness** to yourself, think of one thing you are really good at. Take a moment to feel proud of yourself.

Kindness in Action

Perform three **random acts of kindness** this week. Write below what you did.

