



RDM K-1 L4 KINDNESS CHOICES

Grade: K-1

Competency Area: Responsible Decision-Making

Lesson Title: Kindness Choices (Lesson #4)

T-SEL Standard: 5.B.1.Students explore caring and ethical actions

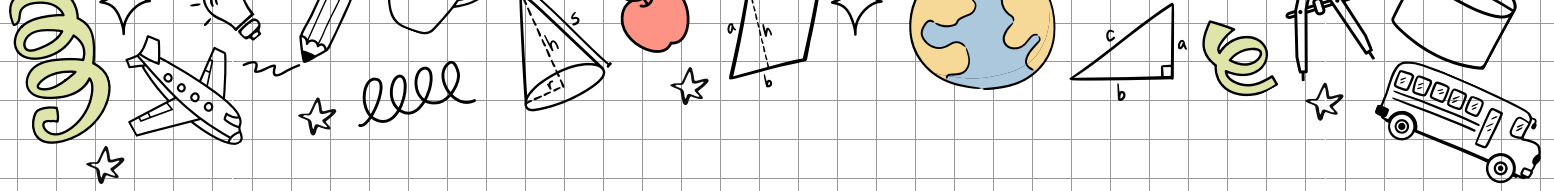
Duration: 20 minutes

Materials Needed: ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

Lesson Directions:

1. **Introduction:** Gather students in a large circle. Ask students what it means to be kind. Invite several students to share aloud their definitions of kindness. Then instruct all students to stand up and to make a *kindness pose* with their body. A kindness pose is a charade that shows kindness such as a thumbs-up, high five action, hugging motion etc.
2. **Drawing Activity:** "Small Kindness Actions"
 - Provide each student with a copy of the Small Kindness Actions worksheet. Instruct them to place it into the back of their backpack.
 - Explain to students that in each box on the worksheet they will draw a picture of a kind choice they can make at the after school program today.
 - Allow time for students to fill up all four squares on the worksheet.
3. **Sharing:** Wearing their backpacks on their backs or chests students will safely move around the room. When they find another student that has the same action or kind choice on their backpack they will give that student a high five and say "good job." This sharing exercise can last as long as time and student attention permits.





SMALL KINDNESS ACTIONS

