



LESSONS & PROGRAMS: COMBINED OVERVIEW

Kindland lessons and programs help schools build a culture of kindness through classroom discussion, social-emotional learning, student voice, schoolwide participation, and visible acts of kindness. These resources were developed using over 33 years of school workshop experience and educator feedback.

Each lesson or program includes a suggested grade band. Educators are encouraged to adapt materials for their students, school community, and available instructional time.

Kindland Lessons

Lesson	Grade Band / Audience	Objectives / Student Outcomes
Be Kind STICK TOGETHER (Lessons 1 & 2)	K-12	Provides a fun and engaging way to introduce kindness, belonging, and the idea of 'sticking together' to combat bullying and negative behaviors. Students participate in discussion, video elements, hands-on activities, and a writing exercise. The lesson culminates with students pledging to 'stick together' by adding their names to pieces of Duck Tape and placing them on a shared banner.
Kindness in the Storm	6-12	Students look at current events through the lens of kindness, explore different perspectives, connect real-life acts of kindness to their own experiences, brainstorm kind responses to challenging scenarios, perform acts of kindness in their family, school, or community, encourage others by posting acts they performed or observed, and understand how individual actions affect the larger world.
Kindness or Meanness Smoothie	6-12	Demonstrates how emotions, values, attitudes, and choices can combine to create either positive or negative reactions and outcomes. Students reflect on what they 'mix in' to their words, relationships, and decisions.
Planting Seeds of Kindness	K-6	Helps students understand how kindness can be intentionally planted, nurtured, and grown into a positive classroom or school culture.
Wouldn't It Be Nice	K-5	Students read or listen to the provided 'Wouldn't It Be Nice' poem and then create their own poem, song, rap, essay, or reflection using the prompt 'Wouldn't it be nice if...' Their writing focuses on what the world could look like if their hopes and visions of kindness came true.
Acts of Kindness	K-12	Students learn that small acts of kindness can make a meaningful difference. They practice building a habit of daily kind acts, sharing or posting kind acts for others to see, noticing kindness performed by others, and becoming motivated to make kindness part of everyday life.
What Do I Stand For?	3-12	Students identify their core values and consider the values needed to create a school community grounded in character, respect, kindness, and positive choices.
The Choices Model	6-12	An updated version of the long-standing Choices lesson. Students examine how beliefs influence reactions through the A-B-C-D Choices Model: Situation, Belief, Consequence, and Decide to Question. The lesson focuses on perspective-taking, questioning assumptions, conflict resolution, and making thoughtful decisions.
Standing Up or Standing By?	3-8	Students learn about the roles of perpetrator, victim, bystander, and rescuer/upstander. They reflect on where they fit in difficult social situations and consider how to make choices that help create the kind of world and school community they want to live in.
Being Kind Online	3-8	Students think about kindness in digital spaces. They explore how tone, audience, and impact matter online; practice using a 'Think Before You Post' framework; and learn how to turn potentially harmful online interactions into constructive ones. Students finish by creating a personal or class digital kindness pledge.
Keep It Cool, Keep It Kind	3-8	Using the classic Nails in the Fence story, students explore how stress, frustration, and anger can affect their actions. The lesson introduces a simple self-regulation process, helps students identify emotional triggers and warning signs, and emphasizes repair, apologies, and healthy ways to manage emotions.
Validation & Kindness: Noticing the Good in Others	K-12	Designed to support and strengthen the Validation Card initiative. Students explore the power of positive recognition, discuss how validation affects relationships and school culture, and practice recognizing kindness, effort, perseverance, and positive choices in others.
Who Can I Turn To?	K-5	A foundational lesson focused on trusted adults, emotional literacy, and help-seeking. Students identify people they can turn to when they feel upset, confused, or overwhelmed. They also learn to recognize 'kindness cues' and understand how they can become helpers themselves.
The United States of Kindness	K-12	These lessons were created to align with Kindland's celebration of America's 250 th Anniversary. The lessons center around a school-wide challenge to do 250 Acts of Kindness.

Kindland Programs and Initiatives

Program	Grade Band / Audience	Program Dates	Objectives / Student Outcomes
Kickoff for Kindness	K-12	Week of February 14, 2027	A schoolwide kindness launch using a shared video assembly or school experience. It gives students and educators common language around teamwork, leadership, empathy, and positive school culture while connecting classroom lessons to schoolwide action.
Kindness Games	K-12	March-April 2027	A schoolwide acts-of-kindness challenge that turns kindness into daily action. Students, classrooms, and schools perform, notice, and record kind acts, building momentum through participation, friendly challenge, visible impact, and reflection.
Student Video Contest	Primarily 6-12; adaptable	September-December 2026	Students use creativity, storytelling, media production, and student voice to show what kindness looks like in real life. Their videos highlight positive choices, inspire peers, and demonstrate how kindness can affect relationships, schools, and communities.
Art Contest: Flag Design – United States of Kindness	K-12	September-December 2026	Students design an original flag or pennant that communicates kindness, welcome, courage, respect, friendship, service, unity, or belonging. The activity combines visual expression, student voice, and reflection on what a kinder school, country, and future can represent.
Kindness Wednesday	K-12; schools, families, and communities	December 2, 2026	A one-day invitation to perform and recognize acts of kindness at school, at home, or in the community during the season of giving. The emphasis is on making kindness visible and showing that small, practical actions matter.
Essay / Creative Writing Contest	3-12	February-April 2027	Students reflect on kindness through essays, poems, stories, and other creative writing. The contest strengthens literacy, reflection, civic imagination, and student voice while giving young people a platform to share their hopes and ideas.
United States of Kindness (USK)	K-12; schools, families, partners, and communities	Through December 31, 2026	A national initiative connecting individual acts of kindness to a larger shared story. Students and communities pledge, perform, record, and celebrate acts of kindness while connecting kindness to citizenship, community engagement, and civic responsibility.

Overall Purpose

Together, these lessons and programs create a flexible Kindland pathway for schools. Schools can begin with a visible schoolwide launch, introduce classroom lessons that build shared language and social-emotional skills, invite students to express their ideas through writing and video, participate in acts-of-kindness challenges, and connect local school culture to a larger movement through United States of Kindness.

The combined lesson and program library supports:

- Daily acts of kindness and positive school culture
- Emotional regulation, repair, and healthy conflict resolution
- Digital citizenship and thoughtful online communication
- Student voice through writing, media, reflection, and leadership
- Upstander behavior, trusted adult connections, and help-seeking
- Validation, recognition, perspective-taking, and civic kindness

Schools may choose one lesson, one program, or a full, year-long sequence. The goal is to make kindness visible, practical, repeatable, and student-centered.

For questions regarding these lessons and programs, please contact Ben at benk@viafdn.org or 440-879-8095.