

JUST BE KIND®

JUST BE KIND: Overview of Lessons

Your school can choose from the below free lessons. Do one or do them all!

Sign up to receive the below lessons at <https://www.viafdn.org/justbekind-schools>

1) Be Kind Stick Together (K – 8th)

OBJECTIVE: To provide a fun and different way to explore the important social-emotional learning concepts of kindness and sticking together to combat bullying and negative behaviors.

Using a combination of tools, the program mixes large group discussion, video elements, hands-on activities and a writing exercise to keep participants interested and engaged. The lesson culminates with participants pledging to “stick together” as they write their individual names on pieces of Duck Tape® and post them together on a provided poster.

2) Wouldn't It Be Nice (K – 4th)

OBJECTIVE: Students will listen to a poem and be challenged to write their own poem/song/rap that reflects what they envision as their version of a world they would like to live in

3) Planting Seeds of Kindness (K – 8th)

OBJECTIVE: Students will understand how to create and grow a culture of kindness.

4) Kindness or Meanness Smoothie (4th – 12th)

OBJECTIVE: To demonstrate how different emotions and values can mix together to create either a positive or negative reaction or outcome in life.

5) Kindness in the Storm (6th – 12th)

OBJECTIVE:

- Look at current events through the lens of kindness and consider how they and others can change their behavior and responses.
- Explore how the world looks from different perspectives.
- Relate personal real-life acts of kindness.
- Brainstorm kind responses to several different scenarios.
- Perform 3 kind acts in their family, school, or community.
- Encourage others to engage in kind acts by posting acts of kindness that they performed or observed.
- Understand that their individual actions affect the larger world.

For questions regarding these lessons, please contact Mary Alice Casalina at maryalicec@projectlove.org or 216.702.6480.