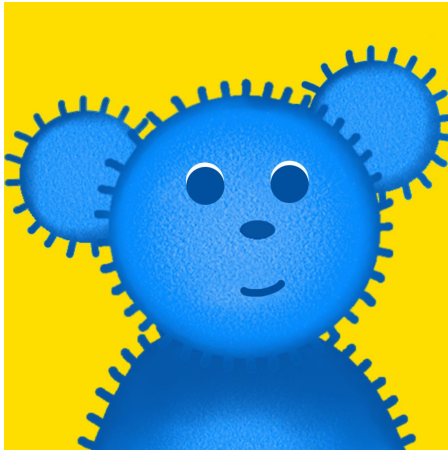


Lesson on Kindness



This lesson plan is a free teaching material for use with the children's book Bluebear. The ebook is available on Amazon in Kindle format at <http://www.amazon.com/Robert-Lewis/e/B014B0QCJW>

Objective/Goals: This lesson is designed to introduce children to traits of kind people.

Materials: Board, folded paper made into cards, markers, crayons, each child's name on a card

Anticipatory Set: Teacher draws a large "t" on the board (lowercase). Label one side of the "t" "kind" and the other side "unkind". Ask children to discuss with their neighbor what words they can think of to describe

kind people. Write their responses on the board (under "kind" heading). Ask children to repeat the discussion activity but this time talk about words to describe unkind people. Write responses under the "unkind" heading. "Boys and girls, you see we have words to describe "kind" and "unkind" people. Teacher should focus on kind traits but definitely review unkind traits so that children will know the difference. Teacher draws a heart around the list of kind words. "We should always try and be kind to ourselves and each other".

Ask children to discuss Bluebear. Ask children to use words to describe Bluebear's personality. Write these on the board. Help children if they are stuck on words. Examples can be patient, quiet, loves nature, takes care of his garden, enjoys the sun and the ocean, and enjoys picnics.

Direct Instruction: Teacher says, "Boys and girls, kindness is very easy to practice all of the time, each and every day. Teacher models first. Teacher can model to a stuffed animal (to avoid any favoritism toward another student). "Bluebear, you have such nice ears!" or "Stuffed tiger, your tail is so nice and long!"

Tell children to turn to their neighbor and tell them something kind, even if you compliment their shirt or the way they do something. Give children an opportunity to say nice things to each other.

Guided Practice: Teacher should provide words on notecards pasted on board or "word wall" so students can practice correct spelling such as "I like, I love, kindness, my, you, pretty, beautiful, smart, dear, hello, etc.

Teacher will tell children that they will be creating kindness cards to put in the kindness basket. Teacher models making a kindness card to Bluebear. Teacher draws a picture of something happy (a rainbow, a heart, a flower, a picture of bear, the sun, a garden) on the front of the card. Teacher opens card and writes something kind such as "Dear Bluebear, Hello! I like your garden. You have a beautiful house and garden! Love, Mrs./Mr."

Independent Practice: Teacher will hand out names of children to the children so everyone has a name to write a card to in the group. Instruct children to write a kindness card to the person on their card. Give children time to create their card. When children are done, they can place their completed card in the Kindness Basket. Repeat the activity throughout the week and have children receive their cards one day each week.

Extended Activity: For a homework assignment, provide children with paper and ask children, along with their parents, to draw an act of kindness someone has done in their home or just a kind person. Ask parents to assist children with writing their story. Children can present to the class. Use these pictures to decorate the room.

© 2015 Robert Lewis. All Rights Reserved. You may download and print this lesson plan for use in your classroom only.