

## SEL Activity

# K is for Kindness



grades K-1



15-30 minutes

### Objectives

- To explore how there are many ways to be kind.
- To understand the impact of giving and receiving kindness.

### Essential Questions

- What are the different ways that we can be kind to others?
- How do you feel when someone is kind to you?
- How do you feel when you're being kind to someone?

### Vocabulary

**Kindness:** noun; being friendly, generous, and considerate.

### 📷 MATERIALS + MEDIA

Read-aloud book: [K is for Kindness \(3:47\)](#)

Discussion Guide: K is for Kindness ([PDF](#))

Activity Sheet: K is for Kindness ([PDF](#))

### SEL CORE COMPETANCIES

Relationship skills  
Social awareness  
Self-awareness

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### Before you Begin

- Preview the read-aloud book [K is for Kindness \(3:47\)](#).
- Review the Discussion Guide: K is for Kindness ([PDF](#)).
- Print out the Activity Sheet: K is for Kindness ([PDF](#)) (1/student).

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### Program Connections

This activity has been modified from a lesson in our ThinkGive Primary Planting Seeds program. To learn more, visit our [PROGRAMS](#) page.

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# THINK • GIVE

**Explain:** There are many different ways of showing kindness. Sometimes, we find kindness in the most unexpected places, which can look very different from what we imagined. Today, we will read a book about all the different kinds of small, kind actions that happen all around us.

Watch or read aloud: [K is for Kindness \(3:47\)](#), a book featuring animal characters showing that we can find kindness anywhere.

Use this Discussion Guide: [K is for Kindness \(PDF\)](#) to discuss specific examples in the book. The guide encourages students to think about the impact of a kind action and draw from their personal experiences to share similar instances.

Be sure to write the different forms of kindness from the book and the guide (e.g., cheering up, helping, showing care) on the board/chart paper to set students up for the following activity.

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# CONNECT + CLOSE

## Design a Page!

Hand out the Activity Sheet: [K is for Kindness \(PDF\)](#) (1/student). Ask students to imagine they are the authors of the book *K is for Kindness*. Where might they see or show kindness? How would they design a page? Students use the Activity Sheet to draw a picture of kindness. They can take inspiration from the examples in the book and the ideas noted above to sketch their own experiences/interactions.

If time allows, ask a few student volunteers to share their pictures.

## ACTION

Explain: In the coming days, find opportunities to show kindness to the people around you. Hang the students' kindness pictures up around the classroom or have them take them home to hang up and serve as a kindness reminder.

## REFLECTION

Lead a discussion using the following questions as a guide:

- What action did you take, and what type of kindness was it?
- How did you feel afterward?
- How do you think you made the person feel?