

Mini-lesson

K is for Kindness



Kindergarten



20 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 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?



MATERIALS

Book: [K is for Kindness](#) (optional)
Read-aloud book: [K is for Kindness](#) (3:47)
Discussion Guide: K is for Kindness ([PDF](#))
Activity Sheet: K is for Kindness ([PDF](#))

THEMES

Kindness
Empathy

Before you Begin

- Review the Read-aloud: [K is for Kindness](#) (3:47) and the Discussion Guide: K is for Kindness ([PDF](#))
- Print out the Activity Sheet: K is for Kindness ([PDF](#))

Program Connections

This activity has been modified from a lesson in our Planting Seeds Primary Program. Want to learn more? Click [HERE!](#)

THINK • GIVE

Explain: There are many different ways of showing kindness. Sometimes we can find kindness in the most unexpected places, and it can look very different from what we imagined. Today we will read a book about 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 a cast of animal characters who show that kindness can be found anywhere.

With the help of this Discussion Guide: [K is for Kindness](#) ([PDF](#)), talk about 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.

CONNECT + CLOSE

Design a Page!

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: [K is for Kindness](#) ([PDF](#)) 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.

ACTION

In the coming days, students find opportunities to show kindness in different ways to the people around them. Students can take their pictures home, and hang them up to 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 afterwards?
- How do you think you made the person feel?