

The Kindness Challenge

Learning Objectives

- I can identify how to show kindness, consideration, and concern for others, including how to cooperate and share with others. (k.2o)

Teacher Notes

- Students will need a ball or something to toss and catch with
- Students will be asked questions throughout the video. Instructions of when to pause are shown on the screen for each question.

Lesson Steps: Video Outline

<https://drive.google.com/file/d/1GBzsqMpE1YV5wCgDvw736ARVPQFwhMdA/view?usp=sharing>

Step 1 Introduction

- What is kindness
 - personal kindness, kindness to our family and friends, kindness to our planet
- discussion of how we can show these different forms of kindness
- Pre Assessment- The teacher will be instructed to pause the video for students to share what they believe kindness is.

Step 2 Activity

- Students will identify whether or not different pictures show acts of kindness or not.
- For each act of kindness, students will toss and catch their ball 3 times. If there is not act off kindness in the picture they will not do anything.

Step 3 Closure

- Post Assessment- students will be asked to reflect on a time they did not show kindness. They will then be asked to share with their teacher how they can turn the situation around and show kindness the next time they are in that situation.



Sample Lesson Plan
Virginia 2021 SOL Edition
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Mental Wellness and SEL
GRK-SE-6
Kindergarten - K.2o

Assessments

- Pre Assessment- Video asks the question “what is kindness?” Students share answers with the teacher.

- Post assessment- video guides students through a short mindful minute to reflect on a situation where they were not so kind, and then to decide how they could fix the situation next time and make a kinder choice.

Extensions/Connections/Applications

- The teacher can give PE scenarios and have the students talk about how to show sportsmanship and kindness in sports and extracurricular activities.