

Overcoming Challenges with Kindness

Lesson

6

Materials Needed:

- Kind Lips Lip Balm
- Kindness Pledge
- Paper/Notebook

1

Play Video 1
(5:17 Long)

- **Video intro:** "Today, we're going to learn about handling challenges with kindness and patience, and how staying positive can help us become stronger and more confident."

2

Kindness Pledge
(Yellow Card)
5–6 Minutes

- Hand out and read Kindness Pledge card together as a class (**Essential**).
(Optional) Display pledge on screen.
- Challenge students to read the card (front and back) each morning throughout the program.
Tip: Keep pledge with journal as both will be needed for each lesson.

3

Hand Out
Kind Lips
(6–10 Minutes)

- Remind students that every time they see Kind Lips, it is a reminder to speak kind words to themselves and the people around them.
- Allow students to apply the balm and move around the room to give 3-5 genuine compliments to classmates, accompanied by a high five after each compliment (**Essential**).
- Direct students to keep their Kind Lips balm for use in all 8 lessons.

4

Discussion
Questions
(6–12 Minutes)

- Choose 3 – 5 grade-specific questions from Lesson Links section.
Option to divide room into small groups for more focused discussion
- Facilitate discussion

5

Recap and
Student
Reflections

- Ask if students have any questions.
- Key message: "Today, we explored how to face challenges with kindness and patience, even when things don't go as planned. We learned that by staying calm, using positive self-talk, and taking deep breaths, we can respond to difficult situations in a way that helps us feel more in control and confident. When we choose kindness—toward ourselves and others—during tough moments, we build inner strength and show others what it means to handle challenges with a positive attitude. Remember, every time we use our Kind Lips, it's a reminder that we have the power to face anything with kindness."

"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end."

— Scott Adams