

# Social & Emotional Learning



mind+heart 3-5 Curriculum by *Proud to Be* Primary

# kindness

## DIGITAL UNIT

Proud to Be  
Primary

### What is Included in this Unit

- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes thought starter questions, digital anchor chart, lesson and follow-up activities
- ♥ Get started easily with copy links for Google Slides & interactive PowerPoint files that are ready for you!



# digital mind+heart - kindness Unit



## LESSON Overview



Lesson 1

What is Kindness?

Lesson 2

Gratitude

Lesson 3

Generosity

Lesson 4

Random Acts of Kindness

Lesson 5

Bucket Filler Classroom

# Lesson 1 - What is Kindness?

Lesson 1 teaches kids to understand what kindness is and what it means to be a kind person. They will describe and demonstrate ways of being kind to others and make an effort to show kindness to others each day.

**mind+heart digital - Kindness Lesson 1: What is Kindness?**

**Activity:** You will understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story. You will also understand and describe a person's feelings based on a short characterisation and a short story.

**Objectives:** To understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story. To understand and describe a person's feelings based on a short characterisation and a short story.

**Lesson:** **Kindness Oath:** You will understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story. **Kindness Oath:** You will understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story.

**Reflection:** You will understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story. **Reflection:** You will understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story.

**Lesson Goal:** You will understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story. **Lesson Goal:** You will understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story.

**Materials:** You will understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story. **Materials:** You will understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story.

**Procedure:** You will understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story. **Procedure:** You will understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story.

**Assessment:** You will understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story. **Assessment:** You will understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story.

**Homework:** You will understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story. **Homework:** You will understand and describe a person's motivation and a person's feelings based on a short characterisation and a short story.

**Thought STARTERS - Discussion**  
Where do you see people being kind most often?  
What are kind things you do for each other in your family?

**Thought STARTERS - Discussion**  
What do you do when someone is not kind back to you?  
Is it possible to be kind 100% of the time? Why or why not?

**What is Kindness?**

Kindness is defined as the quality of being friendly, generous, and considerate. It involves showing empathy, being thoughtful, and caring for others.

Kindness to me is...

What Makes a Kind Person?

**KINDNESS scenarios**

Describe the act.

The teacher asks you to pair up for a project. You notice that the same kid never gets picked. You decide to ask them to be your partner.

Would you change this action? How?

Is this an KIND or UNKIND act? Circle.

**KIND UNKIND**

Lesson Plan

Starter & Challenges

Digital Chart & Templates

Scenario Task Cards

**kindness oath**

Name \_\_\_\_\_ Date \_\_\_\_\_

**BE THE REASON SOMEONE SMILES TODAY**

**KINDNESS Markers**

Let's be kind to each other. Let's be kind to each other. Let's be kind to each other.

Let's be kind to each other. Let's be kind to each other. Let's be kind to each other.

Let's be kind to each other. Let's be kind to each other. Let's be kind to each other.

**kindness hearts**

**KINDNESS Reflection Journal**

Reflection Journal

**KINDNESS Reflection Journal**

Kindness Oath

Quotes & Markers

Kind Heart Activity

Reflection Journal

# Lesson 2 - Gratitude

Lesson 2 teaches kids to describe what gratitude means and the importance of giving thanks. They will be encouraged to give thanks and appreciate what they have. They will practice giving gratitude daily.

**mind+heart digital - Kindness Lesson 2 : Gratitude**

**Learning Objectives:** Understand the meaning of gratitude and how it can be practiced. Recognize and appreciate the things in their lives that they are grateful for.

**Starters & Challenges:** Use the provided starters to engage the children in conversation. Recognize and appreciate the things in their lives that they are grateful for. Use the provided challenges to encourage the children to practice gratitude in their daily lives.

**Lesson:** **Right Header:** Start the lesson with a right header that says "Gratitude: How the children can practice the things in their lives that they are grateful for. It is important to say "thank you" and recognize the things we have and what others do for us. **Gratitude List:** Create a gratitude list. The list should include things that the children are grateful for. **Gratitude Challenge:** Give the children a challenge to practice gratitude in their daily lives. **Gratitude Scavenger Hunt:** Complete the tasks on the list to encourage gratitude. Make a checklist next to the items on the list to track progress.

**Follow-up Activities:** **Reflection Journal:** Write on the lines and record thoughts. Respond to the prompt and record personal thoughts. **Gratitude Board:** Put down one's gratitude on notes to create a powerful display. **Gratitude Challenge:** Give the children a challenge to practice gratitude in their daily lives. **Thank Someone:** Write a note of gratitude to someone in their lives.

**Lesson Goal:** The children will be able to describe what gratitude means and how it can be practiced. They will be able to recognize and appreciate the things in their lives that they are grateful for. They will be able to practice giving gratitude daily.

**Lesson Materials:** Gratitude list, Gratitude challenge, Gratitude scavenger hunt, Gratitude board, Gratitude journal, Gratitude board & journal, Gratitude board & journal, Gratitude board & journal, Gratitude board & journal.

Lesson Plan

**Thought Starters - Scenario 1:** Scenario 1: Naomi's neighbor is always doing nice things for the kids on her street. She bakes cookies, picks them up from school when needed, and listens to their problems. How can Naomi show gratitude?

**Thought Starters - Scenario 2:** Scenario 2: Donald's principal goes out of his way to connect with the kids at school. He asks questions about the games they play and helps them plan event days to celebrate. How can Donald show gratitude?

**Thought Starters - Scenario 3:** Scenario 3: Sarita's mom works 3 jobs to support her and her brother. She is often tired, but always shows them love and goes out of her way to be there for their school events. How can Sarita show gratitude?

**Thought Starters - Scenario 4:** Scenario 4: The playground is being torn down at the park where Milo plays. Some families in the neighborhood get together and go out of her way to be there for their school events. How can Milo show gratitude?

Starters & Challenges

**What is Gratitude?**

Gratitude is a feeling of thankfulness for what you have and for the people who help you. It is a feeling of appreciation for the things in your life that you are grateful for.

**I say "Thank You" because...**

**Why is it important to recognize what we have?**

Click the video icons to go to the internet to view.

Let's be thankful for...

Digital Chart & Brainstorm

**My GRATITUDE List**

People

Places

Food

Nature

Books

**My GRATITUDE List**

Friends

Books

Movies

Games

Holidays

Gratitude List

one sentence **GRATITUDE** journal

**GRATITUDE** journal

novel

Gratitude Journal

**My GRATITUDE collage**

**GRATITUDE scavenger hunt!**

Look for something that smells nice. Do to a person that is a good friend. Find something that you enjoy looking at. Find something that you think is special. Look for something nice in your favorite room. Look for something that reminds you of home. Find something that makes you smile. Do to the person or pet you like spending time with. Do to a person that you love. Find your favorite place to be alone. Discover something new. Discover a new place to play. Find something that makes you feel safe. Look for something that makes you giggle. Do to the person that makes you laugh. Do to a person that is always there for you. Find something that makes you beautiful. Find a new person to hang out with. Look for something you are grateful for. Discover being grateful each day.

Gratitude Activities

Thank you!

**THANK YOU**

Page name

from

**THANK YOU**

Page name

from

Thank You Notes

**KINDNESS** Reflection Journal

Lesson 2 - Gratitude

DESCRIBE A PERSON YOU ARE MOST GRATEFUL FOR AND WHY

Reflection Journal

# Lesson 3 - Generosity

Lesson 3 teaches kids to describe what it means to be generous and identify different ways one can be generous. They will make intentions to be more generous and giving through actions and projects.

**mind+heart digital - Kindness Lesson 3 : Generosity**

**Activity:** Practice giving descriptive responses for answers. In the extension game has something to answer fill out one of them.

**Starters & Challenges:** Use the thought starters to encourage ideas, thoughts and conversations. Review questions and expand to responses. They relate to the lesson but should be revised through the week. Reflect on and respond to. Review.

**Lesson:** **Right Answer Chart** Use the chart called "What is Generosity?" Read the definition and think about the different ways to be generous. Each year have labels or things to describe examples of ways one can be generous such as family, friends, classmates, and in the community in each section. Repeat 3 ways one is generous.

**Who is Generous?** Think of people who are generous and what they do for their generosity. Label and person and write a letter or note of appreciation. To them to say thank you. Match the notes to give examples of generosity.

**Gift Ideas & Making** Think of ways to be generous. List 5 different ways to be generous. They a card game to practice. After giving record a list of 15 gift ideas on the template.

**Follow-up Activities:** **Gift/Answer Journal** Reflect on the lesson and record thoughts, respond to the prompt and record personal thoughts. **Community Project** Host a toy or food drive or create hangars for homeless people and give the donations to the community. **String Art** Get motivated to give in different ways. Try the idea of using to give in the "String Art".

**Lesson Goal:** Describe what it means to be generous and identify different ways one can be generous. Make intentions to be more generous and giving every day.

**Vocabulary:** generosity, giving, appreciation, gratitude

**Lesson Materials:** Gift/Answer journal Right Answer Chart Paper (with 64) Gift Ideas Chart (with 64)

**Lesson CHALLENGE Extension 1** You have \$100 to spend but it must be spent on someone else. Who do you spend it on and why?

**Lesson CHALLENGE Extension 2** Think of giving in terms of time. What are some ways you can be more giving with your time to the people in your life? Write down 5 different ways.

Give it some thought. Write your response and reasons why.

Start these today!

**What is Generosity?**

Generosity means giving freely and unselfishly to others or those in need. We are being generous when we give.

| Why I Am Generous | WITH FRIENDS | WITH FAMILY      |
|-------------------|--------------|------------------|
| 1.                | WITH PEERS   | IN THE COMMUNITY |
| 2.                |              |                  |
| 3.                |              |                  |

**Who is GENEROUS?**

GIVE

Lesson Plan

Starter & Challenges

Digital Anchor Chart

Who is Generous? Activity

**I WILL Statements CARD GAME**

Game Cards **STACK** Completed Cards Go **HERE**

At the Park

**Ways I Will Be Generous**

I will  
I will  
I will  
I will  
I will  
I will  
I will  
I will

**the GIVING jar**

plant a GARDEN  
cup a FILE  
for others to try to try to  
ask  
to be clean for PEERS on their  
for others to find ASK  
to buy for someone else  
to buy for someone else

**KINDNESS Reflection Journal**

Lesson 3 - Generosity & Giving

DESCRIBE WHAT IT MEANS TO GIVE BACK

"I Will" Card Game

Writing Activity

Giving Jar of Ideas

Reflection Journal

# Lesson 4 - Random Acts of Kindness

Lesson 4 teaches kids to understand what random acts of kindness are and to describe ones they have seen and done. They will be encouraged to take action in being kind and perform different acts of kindness everyday.

**mind+heart digital - Kindness Lesson 4 : Random Acts of Kindness**

**Activity:** Create a Compassion Curriculum and a lesson plan for the lesson you've chosen. Use the end of the Plan to write the lesson plan. Use the end of the Plan to write the lesson plan.

**Starters & Challenges:** Use the Plan to write the lesson plan. Use the end of the Plan to write the lesson plan.

**Lesson:** Digital Anchor Chart (Random Acts of Kindness) - Use the video to learn about acts of kindness and how to do them. Use the Plan to write the lesson plan.

**Reflection:** Use the Plan to write the lesson plan. Use the end of the Plan to write the lesson plan.

**Lesson Goal:** Use the Plan to write the lesson plan. Use the end of the Plan to write the lesson plan.

**Lesson Materials:** Use the Plan to write the lesson plan. Use the end of the Plan to write the lesson plan.

**Lesson CHALLENGE:** Who is the kindest person you know? List down a list of traits and qualities they have, as well as the kindness acts you have seen them do.

**Lesson CHALLENGE:** "No act of kindness, no matter how small, is ever wasted." -Aesop

Explain what you think this quote means.

Do you agree?

**Random Acts of Kindness**

A random act of kindness is doing a kind, selfless thing for someone who doesn't expect or ask for it.

Click the video boxes to go to the internet to view.

What acts of kindness have you seen?

- 1.
- 2.
- 3.
- 4.

**BIG Acts** | **SMALL Acts**

**Ways to Show KINDNESS**

Lesson Plan

Starters & Challenges

Digital Anchor Chart

Brainstorm & Writing

**KINDNESS tree**

Kindness Activities

**my KINDNESS project**

**KINDNESS project**

What is the name of your project?

What materials do you need?

Kindness Project

**January kindness CALENDAR**

random acts of kindness

**May kindness CALENDAR**

random acts of kindness

Kindness Calendars

**Be kind to be Great**

**you are BEAUTIFUL**

**you are GREAT**

**you are SMART**

**you are KINDNESS**

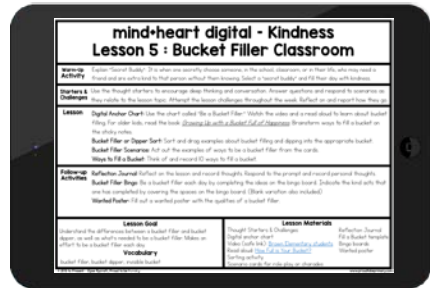
**keep calm and smile**

**YOU make a difference**

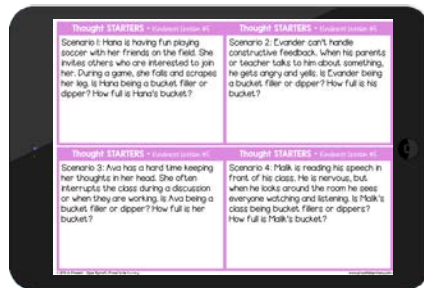
Kind Notes

# Lesson 5 - Bucket Filler Classroom

Lesson 5 teaches kids to understand the differences between a bucket filler and bucket dipper, as well as what's needed to be a bucket filler. They will be encouraged to make an effort to be a bucket filler each day.



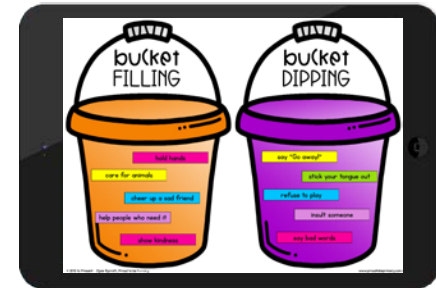
Lesson Plan



Starters & Challenges



Emotions Posters



Digital Anchor Chart



Feelings Clip Charts



How Do They Feel? Books



Emoji-tions Board Game



Emoji-tions Board Game



# How to Use mind+heart digital

This **mind+heart digital** resource has been reformatted and modified to be taught digitally in conjunction with the printable version or independent of it. The lessons and activities have been adapted to be used online in digital teaching platforms and on devices.

## Possible Uses:

- Students can complete assignments digitally after a classroom lesson
- Beneficial for one-to-one classrooms
- For use in Google Slides and Google Classroom
- Interactive PowerPoint files are included for use in various online apps or on your classroom devices

## Benefits:

- Kids learn to use different digital methods and devices
- Gain practice and skills working and interacting online
- Provides all classrooms with meaningful digital activities
- Supports school counselors and provides materials for sessions
- Provides families with additional tools to support kids at home
- Works well in a homeschool setting
- Supports remote and distance learning



# Why mind+heart digital

The **mind+heart digital** social-emotional learning program was designed to help teachers guide and instruct kids to develop emotional awareness and social competence. The goal is for kids in grades 3-5 to develop a healthy sense of self and positive interpersonal skills, that will continue throughout their lives and lead to success in academics and beyond. Kids will learn to express emotions appropriately, develop a “growth mindset”, build relationships, and be thoughtful citizens who take responsibility and show respect.

**mind+heart digital** complements the original version with the same great lessons that have been modified to fit digital learning. It adds a different modality for students to experience. Kids will have opportunities to learn, practice, and develop SEL through a variety of engaging lessons, warm-up ideas, and digital activities. The program provides teachers and parents with lesson plans, instructions, videos, and activities to support social-emotional learning in digital format. It is recommended that a group lesson be taught before but it is not mandatory.

**mind+heart digital** can be used in conjunction with the original mind+heart SEL 3-5 curriculum to enhance learning. It can also be used separately to further an individual's independent practice of social-emotional skills: in the classroom, in a homeschool setting, or in counselling sessions. This digital SEL program can be used in Google Classroom, Seesaw, and other similar platforms to support 1:1 classrooms in delivering a meaningful SEL program.

**mind+heart digital** aligns to the CASEL framework of the 5 core competences for SEL. It provides educators with an affordable and accessible option that is structured and highly effective in 3-5 classrooms.

# kindness

## DIGITAL UNIT

### January kindness CALENDAR

Random ACTs of Kindness performed by NAME

|   |  |   |  |   |  |  |
|---|--|---|--|---|--|--|
| 1<br>Donate old toys to charity                 | 2<br>Bring in a can of food for a donation             | 3<br>Make hot chocolate for your class  | 4<br>Write 'Thank You' notes for your Christmas presents | 5<br>Let someone go ahead of you                  | 6<br>Leave someone a HAPPY note                | 7<br>Build a snowman in someone's yard |
| 29<br>Help make dinner                          | 30<br>Make a vow to be kind this year                  | 31<br>Hang out with the younger kids    |  |   |  |  |
| 8<br>Invite a new friend to play                | 9<br>Thank your parents and tell them you love them    | 10<br>Draw a picture for a friend       | 11<br>Say "good morning" to everyone you see             | 12<br>Bring your teacher their favorite hot drink | 13<br>List what you're thankful for            | 14<br>Volunteer your time              |
| 15<br>Donate gloves and scarfs                  | 16<br>Make and send a card to a family member far away | 17<br>Draw someone a picture            | 18<br>SMILE at everyone you see today                    | 19<br>Shovel the snow off of someone's property   | 20<br>Make someone laugh                       | 21<br>HELP a classmate who needs it    |
| 22<br>Offer a high five to someone who needs it | 23<br>Call a friend on the phone                       | 24<br>Celebrate 'Give a Compliment Day' | 25<br>Walk a neighbor's dog                              | 26<br>Teach the class something you are good at   | 27<br>Tell someone you appreciate them and why | 28<br>Bake someone cookies             |

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# kindness

## DIGITAL UNIT

### KINDNESS scenarios

You and your friend are racing against each other. Your friend wins. You say "Way to go!" with a smile.

Is this an KIND or UNKIND act? Circle.

**KIND**  
**UNKIND**

Describe the act.  
Type here

Would you change this action? How?  
Type here





# RELATED RESOURCES

Click on any teacher resource to see more details in store!

## Social & Emotional Learning



3-5 Curriculum by Proud to be PRIMARY

Printable Curriculum

## DIGITAL Social-Emotional Learning



3-5 Curriculum by Proud to Be Primary

Digital Curriculum

Use both together to enhance learning and provide a meaningful SEL program.



# BEST SELLING

# teacher resources

Click on any teacher resource to see more details in store!

Social & Emotional Learning

**mind+heart**

K-2 Curriculum by \*Proud to be PRIMARY

Social & Emotional Learning

**mind+heart**

3-5 Curriculum by \*Proud to be PRIMARY

Class **MANAGEMENT** bundle

Proud to be Primary

Non-Fiction & Science Units FOR THE WHOLE YEAR

17 UNIT BUNDLE

Proud to Be Primary

Poem of the Week

BUNDLE by Proud to Be Primary

1st Grade Math Practice **MATH MATS** bundle

Proud to Be Primary

Weekly Directed Drawings **DRAWING MATS** bundle

Proud to Be Primary

Daily Listening Practice **LISTENING MATS** bundle

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Proud to Be Primary

Fun! Resource | Printable & Google Slides & Seesaw

Daily Reading Practice **COMPREHENSION MATS** bundle

Proud to Be Primary

**SIGHT WORD Curriculum**  
Fry's First 300 Words

6 Comprehensive Sight Word Packs

**SIGHT WORD Curriculum**  
Dolch Pre-Primer-2nd Grade

4 Comprehensive Sight Word Packs

Mindful **MATH**  
Kindergarten Curriculum Bundle

10 Comprehensive Math Units

Mindful **MATH**  
1st Grade Math Curriculum Bundle

10 Comprehensive Math Units

Mindful **MATH**  
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10 Comprehensive Math Units

Head to [shop.proudtobeprimary.com](http://shop.proudtobeprimary.com) for a complete listing of resources.