

SOCIAL-EMOTIONAL LEARNING 3-5

kindness

Proud to Be Primary

5 Weeks of Lessons & Activities

Random Acts
of Kindness



Discussion
Cards

Games

Journal

Posters

kindness Unit

See What's Included

- ♥ 5 detailed, research-based lessons and plans
- ♥ Lesson Topics: What is Kindness?; Gratitude; Generosity & Giving; Random Acts of Kindness; Bucket Filler Classroom
- ♥ Discussion/Challenge cards
- ♥ Community building activities
- ♥ Anchor charts
- ♥ Activities & games
- ♥ Tools & posters
- ♥ Reflection journal



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See What's Included

Writing Activities



Tools



Role Play Cards



Calendars



Activities



Family Guide



This
kindness
unit covers
IMPORTANT
topics

- ♥ What is Kindness?
- ♥ Gratitude
- ♥ Generosity & Giving
- ♥ Random Acts of Kindness
- ♥ Bucket Filler Classroom



This kindness Unit HAS WHAT TEACHERS LOVE!

- This ONE SEL unit is all you need to encourage gratitude, generosity, and random acts of kindness with kids!
- Use each lesson and follow-up activities to cover a week of SEL instruction anytime of year.
- The unit easily extends to an entire month of SEL instruction.
- Facilitate meaningful discussions and keep kids engaged in important activities that build social and emotional skills and grow your classroom community.
- You will save time as the planning is done for you.
- Aligns to important SEL standards and covers the most important lessons kids need!
- You will have ALL the materials you need to successfully teach (no need to supplement)!



Teachers Love mind+heart

Amy P. 



"This was a great resource to use in a self-contained classroom that was really struggling with kindness, respect and getting along. This had a great framework and was easy to implement. Students were able to reference previous lessons throughout the year and were really thoughtful during the activities."

KINDNESS SCENARIO

Your teacher is teaching a science lesson and asks for ideas from the class. A classmate shares and you make a face behind their back.

KINDNESS SCENARIO

You notice a few kids sitting by themselves in the lunchroom. You laugh and tell them they have no friends.

Our SEL units are enjoyed in thousands of classrooms worldwide!

Kindness Unit

See a Lesson Plan Up-Close

Community building activities get older kids warmed-up and ready for the lesson.

Interactive, detailed lessons for the whole group to complete together.

Use the lesson goal to guide the lesson.

Teach important SEL vocabulary.

mind+heart - Kindness Lesson 1 : What is Kindness?	
Community Building Activity	Kids pair up and create and practice a "secret" handshake and a greeting with each other's name in it. When ready, have all kids do their handshakes and greetings. Switch partners and teach each other your handshakes.
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	Kindness Discussion & Anchor Chart: Ask "What is kindness?" and brainstorm the ideas and words that kids share on an anchor chart. Read the book "Each Kindness" and show the video (links below) and their meaning. *Ask "What makes a kind person?" and have kids turn to a partner. Share and discuss. Kids write about what they think it takes a kind person to be kind. *Emphasize that showing kindness is important everyday and in every place they go. Kids write a kindness oath on a card, write it on the community calendar, and write a kindness oath together as a class. Kids copy the oath and sign it. Post the oath on a bulletin board. Kindness Scenarios: Act out different scenarios and discuss whether they are kind or unkind actions. Share ideas of ways to turn unkind acts into kind ones.
Follow-up Activities	Reflection Journal: Reflect on the lesson through writing and drawing on pg. 1. Mantra Posters & Bookmarks: Read and reflect on the quotes about kindness. Color and hang the posters, and use the bookmarks as a daily reminder. Kind Heart Activity: Give each kid a large heart cut-out to put on their desk. Kids rotate around to each other's spot and write a kind note about that person. Kindness Bulletin Board: Add writing and posters on a board (materials provided).
Lesson Goal	Understand what kindness is and what it means to be a kind person. Describe and demonstrate ways of being kind to others. Make an effort to show kindness to others each day.
Vocabulary	kindness, kind, unkind, oath, mantra
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Book: Each Kindness Scenario task cards Video: 20 Things We Should Say More Often Bulletin board materials Kind person writing template Kindness oath template Mantra posters Reflection Journal (pg. 1) Kind Heart template

Discussion starters and lesson challenges to encourage a group discussion and challenge students to take action.

Hands-on activities, reflection journal, games, and tools that build social emotional skills.

All of the materials needed to complete lessons in a list.

Kindness Unit

Discussion Cards & Challenges

Discussions are a great warm-up to your SEL block or morning meeting. The included discussion cards (questions and scenarios) provide a valuable way to engage kids and have them reflect and respond. Lesson challenges encourage kids to take action. No more coming up with engaging prompts and challenges; these are done for you!



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Anchor Chart & Posters

Anchor chart materials are included for every lesson in this unit. The lesson plan clearly explains how to use it to support the main lesson. They are helpful to organize your lesson and as a visual for students. Simply print the anchor chart pieces and attach to your poster to get started!



Kindness Unit

Writing Activities & Journal

Writing activities and a reflection journal are included to emphasize the lesson topics. Kids will enjoy reflecting on the lessons and books read, and writing about the important topics. You will have differentiated writing templates and journal pages to use and meet your students needs. Just print and go to implement the writing activities quickly and easily!



Create a reflection journal for the unit by binding the pages together ahead of time.



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Activities & Games

There are a variety of follow-up activities included for every lesson. These fun and engaging activities encourage students to build the important social-emotional skills taught in the lesson. There are independent, small group, and partner activities included, such as games, sorting activities, and role play scenario cards.



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BONUS: Family Partnership Guide

Connect with and encourage families to take part in the social-emotional learning development of their child and the concepts you are teaching at school. This unit includes a printable guide with a letter to families, strategies and activities they can try at home, and a book guide with video links. Send it home before your unit begins. They will thank you!



Use the kindness unit for your

- ♥ SEL block
- ♥ Morning meetings
- ♥ Whole-class discussions
- ♥ Small groups
- ♥ Partner activities
- ♥ Independent work
- ♥ Early finishers
- ♥ Counselor lessons
- ♥ Sub-plans
- ♥ And much more!



care for animals

be a friend

put things away

say "I love you!"

September kindness

random acts of kindness performed by

1 Donate old clothes	2 Make a welcome card for someone new	3 Write a letter to your new teacher	4 Leave a kind note for someone	5 Buy someone a drink
29 Play with someone else at recess	30 Help someone carry something	8 Send a "Thank you" note	9 Open the door for others	10 Offer hugs
15 Help with the gardening	16 Take laundry	17 Make a care package for someone	18 SMILE at everyone you see today	19 Help someone with their homework
22 Offer a high five to those who need it	23 Call a family member on the phone	24 Turn off the lights when you leave a room	25 Help a friend with their chores	26 Bring a school supply for the teacher

Teachers Love **mind+heart**

Andrea B.



"These units are AMAZING!!! My 4th graders really like them and they have helped my students a lot this year! Thank you so much for making them!"

Our SEL units are enjoyed in thousands of classrooms worldwide!

Learn More About

mind+heart

Proud to Be Primary

Learn about teaching social-emotional learning effectively in K-2 with our SEL curriculum.

CLICK to learn more!

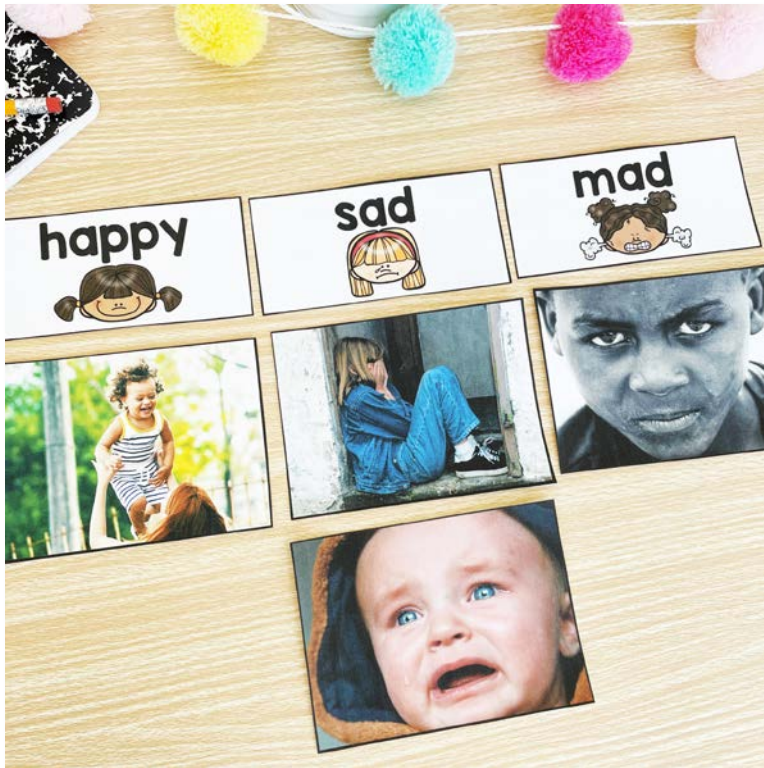


Click the image to see the SEL 3-5 curriculum BUNDLE with EVERYTHING you need for a year of SEL!

Want a FREE Sample of mind+heart?



SIGN UP TO GET AN SEL LESSON
& MATERIALS FOR FREE!



I'd love for you to try a sample of the MIND+HEART SEL Curriculum with your students to see if it is a perfect fit for you and your students!

[CLICK HERE TO
GRAB YOUR
FREE SAMPLE!](#)



BACKGROUND

The mind+heart social and emotional learning curriculum was designed to help teachers instruct young children to develop emotional literacy, self-control, and social competence. The ultimate goal is for primary aged children to develop a healthy sense of self and positive peer relations, that will continue throughout their lives. Children will learn to express their emotions appropriately, solve problems, develop a “growth mindset”, build relationships, and be thoughtful citizens who take responsibility and show respect.

mind+heart includes a variety of thought provoking lessons and discussions, community building ideas, and engaging activities to help build important social and emotional skills. Children will have many opportunities to learn, practice, and develop SEL through a variety of lessons and activities. Teachers are provided with all lesson materials, instructions, and a layout that is simple and easy to implement. mind+heart is a flexible SEL curriculum that can be taught when teachers have time, while the recommendation is to teach a lesson once to twice or more a week.

mind+heart is research based and loosely aligns to the CASEL framework of the 5 core competences for SEL. It provides educators with an affordable option that is comprehensive and appropriate for the K-2 classroom.