

SOCIAL-EMOTIONAL LEARNING

Proud to Be Primary

Kindness

5 Weeks of Lessons & Activities



Discussion
Cards

Games

Books

Posters

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Discussion
Cards

Games

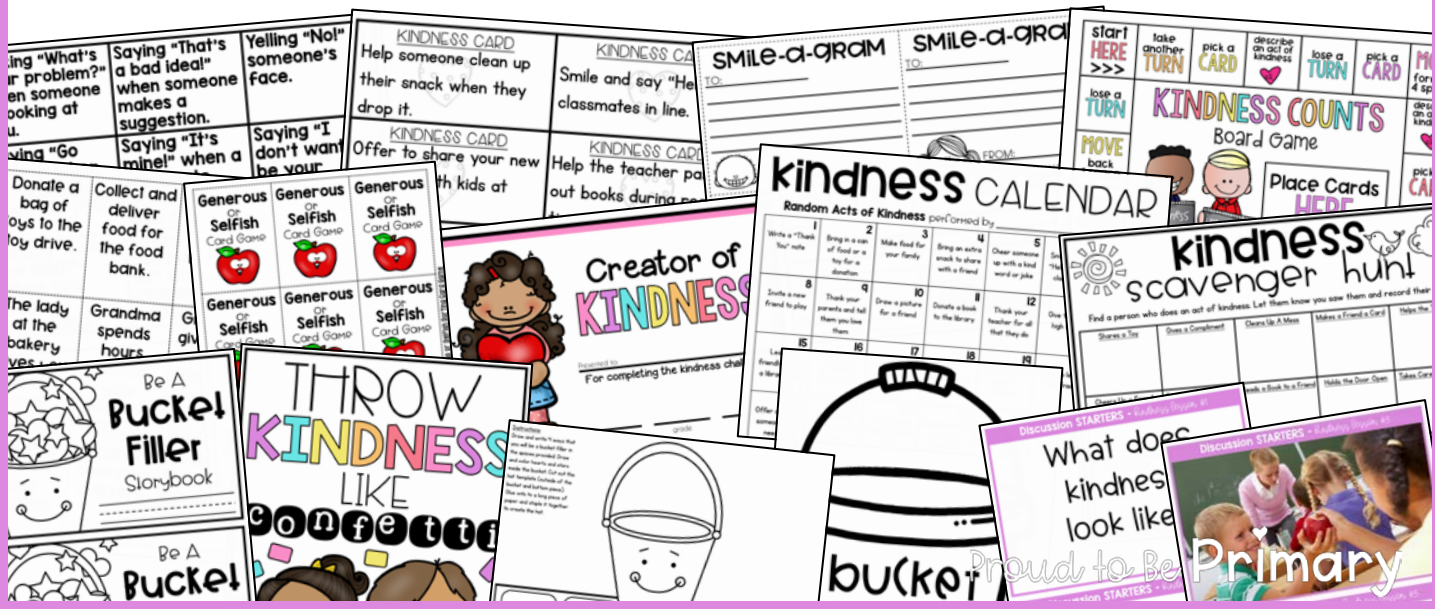
Books

Posters

kindness Unit

See What's Included

- ♥ 5 detailed, research-based lessons and plans
- ♥ Lesson Topics: What is Kindness?; Being Kind to Others; Kindness Project; Generosity & Giving; Bucket Filler System
- ♥ Discussion cards
- ♥ Community building activities
- ♥ Anchor charts
- ♥ Activities & games
- ♥ Tools & posters



Kindness Unit

See What's Included

5 Detailed Lesson Plans

mind-heart - KINDNESS Lesson 1: What is Kindness?	
Community Building Activity	Roll play or acting and responding to others with kind words and actions. Discuss what those kind words and actions might be and practice them (ie. saying "How are you?" "How to see you?" writing handwritten, high fives).
Discussion Starters	Use the discussion starters to have open conversation with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Story & Show Activity Read the book, "Each Kindness" and discuss the book's meaning. Give each child a stone to put into a bowl of water one at a time to watch the ripples. Share the quote "Each kindness makes the whole world a little bit better" and ask children what it means. Discussion & Anchor Chart Ask the question "What is kindness?" and transform the ideas and words children come up with. Record ideas on an anchor chart about what makes a kind act (ie. how, does, does not). Children write 3 sentences on the template about being a kind kid and draw a picture. Kindness Island Words Teach children the difference between kind and unkind words and their impact. Sort examples given on cards in a pocket chart! Give examples of kind things to say instead of unkind things.
Follow-up Activities	Kindness Games & Coloring Posters Teach children different ways about kindness. Create kindness board and/or their drawings with the quote posters provided and have children color in kindness posters.
Lesson Goal	Lesson Materials
For children to understand what kindness is and describe what it means to be a kind kid.	Illustrated Children's Books, What's a Kind Kid? writing template, Kindness Island words.
Vocabulary	
Kindness, kind, unkind.	

Discussion Starters



Anchor Charts



Mentor Text List



Tools



Posters



kindness Unit

See What's Included

Writing Activities



Social Storybooks



Role Play Cards



Games



Certificates

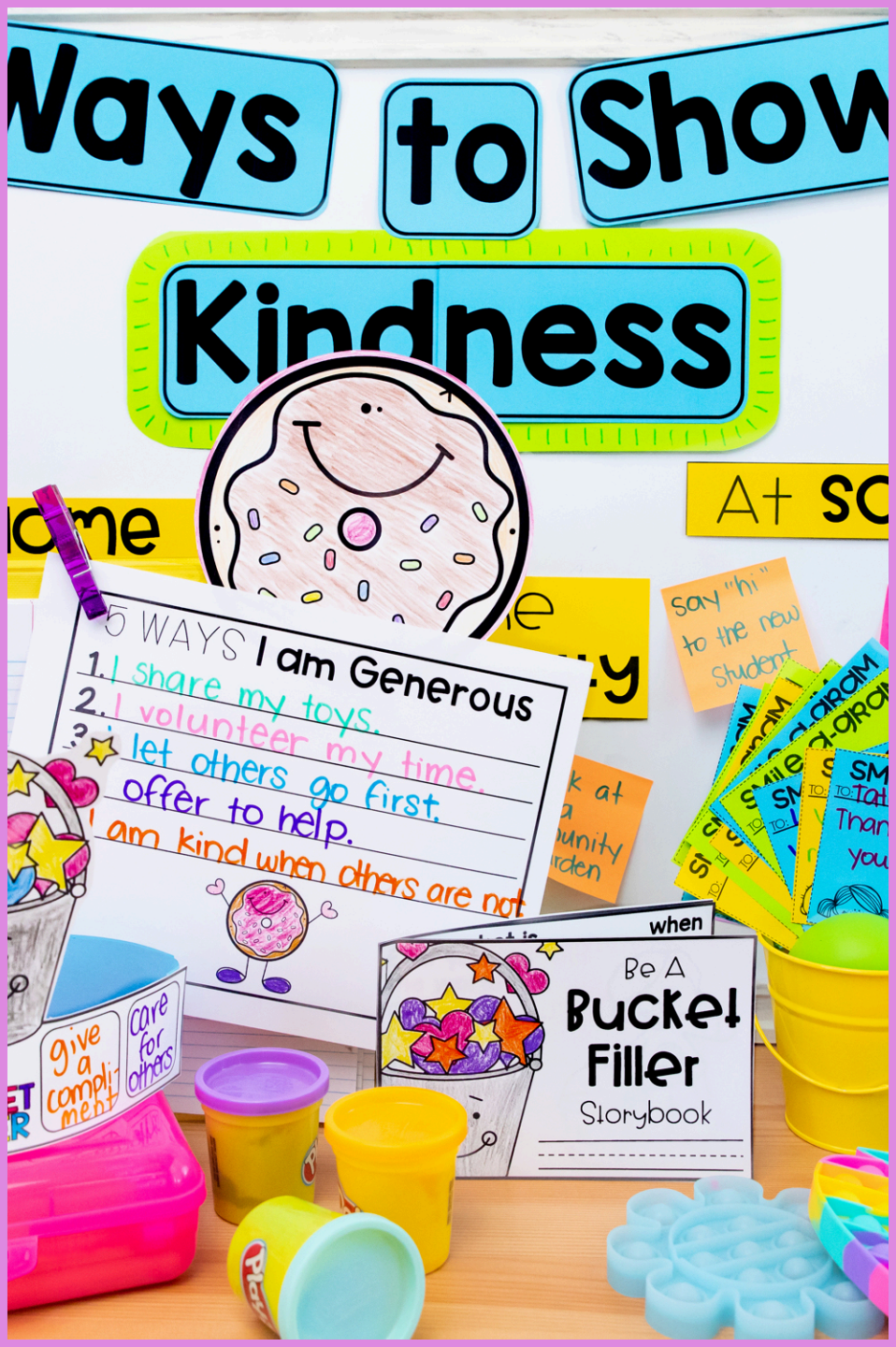


Family Guide



This
kindness
unit covers
IMPORTANT
topics

- ♥ What is Kindness?
- ♥ Being Kind to Others
- ♥ Kindness Project
- ♥ Generosity & Giving
- ♥ Bucket Fillers



This kindness Unit

HAS WHAT TEACHERS LOVE!

- This ONE SEL unit is all you need to teach kids to encourage kids to be kind to others, give, and act with kindness each day!
- 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**

Megan H.



My students really enjoyed learning about being bucket fillers. It has become part of our every day vocabulary and they are able to express their feelings to other students proficiently. The students were all so engaged and genuinely enjoyed learning about kindness, generosity, and bucket filling.

Our SEL units are enjoyed in thousands of classrooms worldwide!

Be A
**Bucket
Filler**
Storybook

Kindness Unit

See a Lesson Plan Up-Close

mind•heart - KINDNESS	
Lesson 1 : What is Kindness?	
Community Building Activity	Role play greeting and responding to others with kind words and actions. Discuss what those kind words and actions might be and practice them (i.e. saying "How are you?", "Nice to see you!", smiling, handshakes, high fives).
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	<p>Story & Stone Activity: Read the book "Each Kindness" and discuss the book's meaning. Give each child a stone to put into a bowl of water one at a time to watch the ripples. Share the photo on kindness is the way to "be a bit better" with children and ask what it means.</p> <p>Discussion & Anchor Chart: Use the question "Who is kindness?" and brainstorm ideas on words, phrases, and actions. Record ideas on a chart about what it would make a kind kid (is; says; does; does not). Children write sentences on the template about being a kind kid and draw a picture.</p> <p>Kind vs. Unkind Words: Teach children the difference between kind and unkind words and their impact. Sort examples given on cards in a pocket chart. Give examples of kind things to say instead of unkind things.</p>
Follow-up Activities	Kindness Quotes & Coloring Posters: Teach children different sayings about kindness. Create bulletin board and/or door displays with the quote posters provided and have children color in kindness posters.
Lesson Goal	Lesson Materials
For children to understand what kindness is and describe what it means to be a kind kid.	Discussion Starters Book: Each Kindness Anchor chart pieces A Kind Kid writing template Kind vs. Unkind sorting cards Pocket chart Quote letters & posters
Vocabulary	
kindness, kind, unkind	

Community building activities get children 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.

Discussion starters include questions, scenarios, and pictures to encourage a group discussion.

Hands-on activities, games, and centers that build social emotional skills.

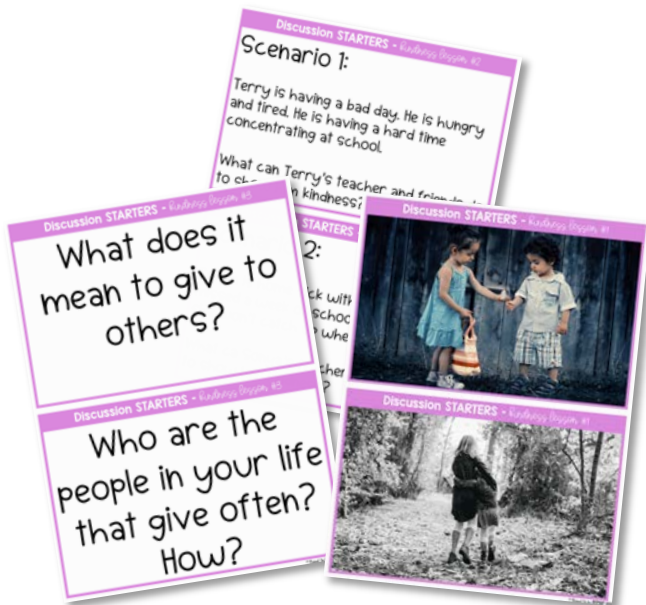
All of the materials needed to complete lessons in a list.

Kindness Unit

3 Types of Discussion Cards

Discussions are a great warm-up to your SEL block or morning meeting. The included discussion cards provide a valuable way to engage kids and have them reflect.

Discussion starters include questions, scenarios, and pictures to encourage a group discussion. No more coming up with engaging prompts; these are done for you!



Kindness Unit

Anchor Chart & Posters

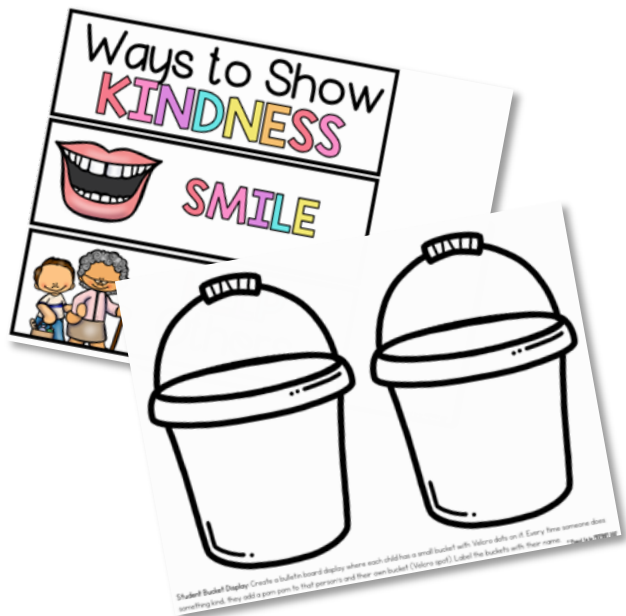
Anchor chart materials are included for every lesson in this unit. The lesson plan clearly explains how to use it to support the main lesson. They are helpful to organize your lesson and as a visual for students. Simply print the anchor chart pieces and attach to your poster to get started!



Kindness Unit

Support Materials

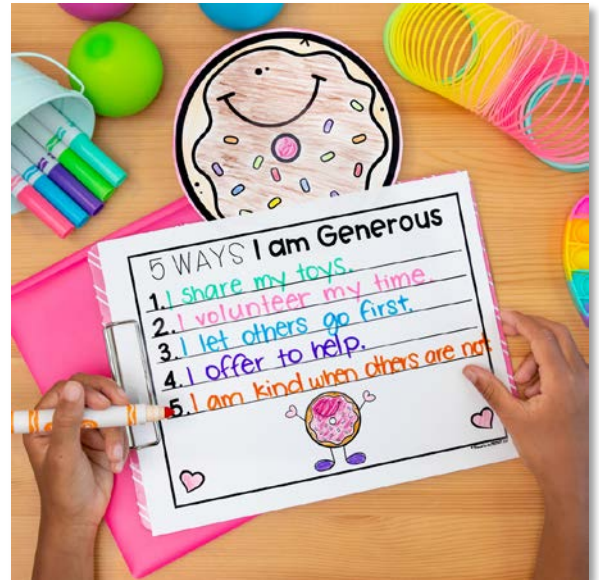
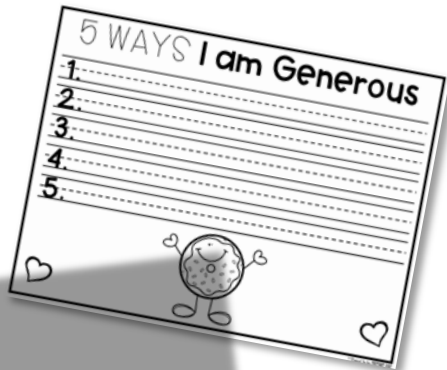
Support materials, such as bulletin boards and student tools, are included in this unit. They help children grasp the lesson and build important social-emotional skills. Create and use the tools as needed during your lessons and after to support your students.



Kindness Unit

Writing & Book Activities

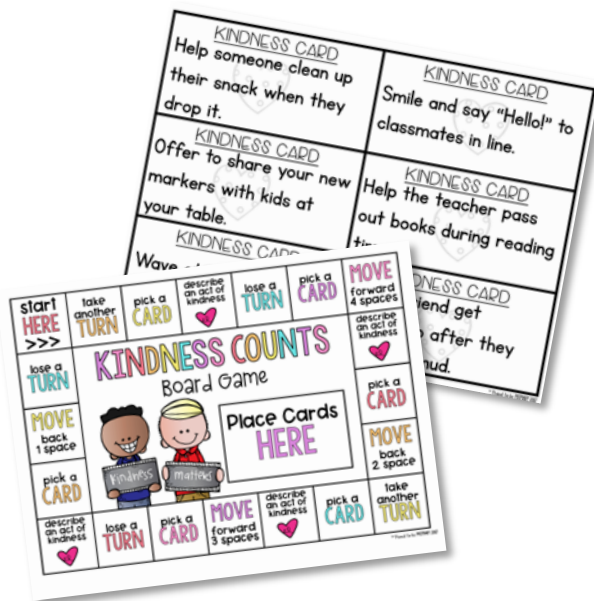
Writing activities are included throughout the unit to emphasize the lesson topics. Kids will enjoy reflecting on books read and writing about the fun topics and prompts. You will have differentiated writing templates to use and meet your students needs. Just print and go to implement the writing activities quickly and easily!



Kindness Unit

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 booklets.



kindness Unit

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!



Teachers Love mind+heart

Ways to Show
KINDNESS



Kelsie W.



This resource has been amazing for my classroom! A great way to teach kindness and build community in the classroom. I also love that it came with parent letters that I could send home. Thank you!



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!



Social-Emotional Resources for K-2

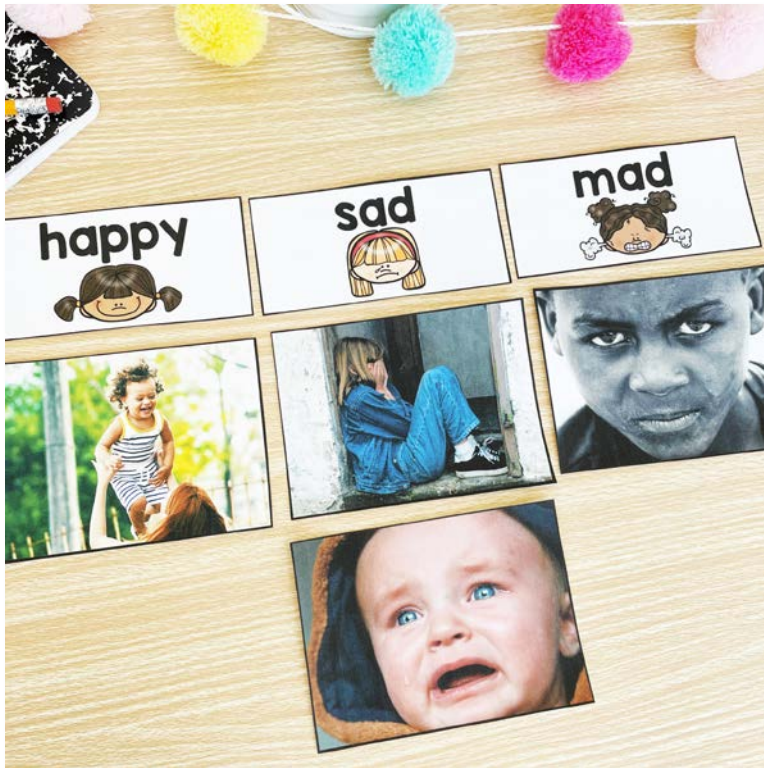


Click the images to see the SEL curriculum BUNDLE & resources with EVERYTHING you need for a year of SEL!

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.