

## **Spider Web**

Have the children sit in a circle and explain that they're going to make a spider web. Give the first child the end of the string and the ball. He or she holds the end with one hand and with the other rolls the ball to another child. As they roll the ball to the next person, say something kind about that other person. It continues in the same manner from child to child. Remind them to hang on. At the end, discuss that we are all connected and the importance of being kind to everybody in the class.

## **Feelings board**

Have faces prepared with different expressions (happy, sad, etc.) to place on your board. Each child takes a turn to tell how they feel and explain the feeling if they want to. Expand upon the feeling if the child needs help, and have other children think of ways they can be kind if the child is if he/she is sad, mad, etc.

## **Friendship**

Discuss at group time how you know people are friends (e.g., they smile at each other, help each other, are kind to each other, hold hands). Then sing "The More We Get Together" and let the children hold hands in a circle and dance.

## **Friendship tree**

Prepare a paper or magnet heart with each child's name. Have the children close their eyes and choose a heart with another child's name. Have them say the name and a one kind thing about that child, and hang the heart on a tree branch.

## **Uniqueness**

At group time, ask the children to identify ways they are similar and different from their classmates. Have each child draw a picture of him/herself and a picture of a classmate (perhaps pick the name out of a bowl). Then discuss how the pictures are similar and different and how we are all unique.

## **Big Book of Kindness**

After each kindness activity, allow time for students to reflect on what they learned about kindness through that particular activity. Teacher could record those reflections in a "Big Book" that students could illustrate.

## **Storytelling**

Create a very short story and have children respond. For example: Johnny is riding his bike. He falls off, hurts his knee, and starts to cry. What could you do to help him?

## **Kindness Story Time**

Hold once a week, during which children and teachers can share stories of kindness from their daily lives. Children could draw a picture about their kindness story and share it with the class. After sharing, talk about how kindness makes both the giver and the recipient feel happy. Also discuss why kindness is important to both friendships and families.

## **Kindness Sharing Day**

Hold once a week. You can either choose to do something different each time, or choose the same option every time.

Option 1: Sit in a circle, and have everyone in the class say something nice about one child. The teacher writes all the comments on a "You Are Special" sheet and gives it to the child or posts it on the bulletin board with the child's photograph.

Option 2: In a circle, have each child talk about one relative or friend and say why that person is so special. Then discuss what kind act (e.g., give a hug, draw a picture) the child could do to let the person know

that he/she is special.

Option 3: Encourage the children to do one nice thing everyday, like give a hug, lend a crayon, or play with someone new.

## **Socks for Needy Children**

Make sock puppets for a local women's and children's shelter out of old socks that kids donate. Then have them donate new socks for the shelter, and deliver them all to the shelter.

## **Toy Giveaway**

Young children love growing up. Find a local charity that needs used toys, books, etc. Initiate a toy drive at your school: have the children and their parents decide which toys the children have outgrown and donate them.

## **Songs about Kindness**

Sing songs about kindness to the tune of familiar children's songs.

- o Peaceful Friends (to the tune of "I'm a Little Teapot")  
We come to school and like to say,  
"Care for one another every day."  
We learn together and we play  
Peacefully, every day.
- o Be My Friend (to the tune of "London Bridge")  
Susie, Susie be my friend  
Be my friend, be my friend,  
Susie, Susie be my friend,  
I like you.
- o (Place each child's name in the song)  
Sharing (to the tune of "Row, row, row your boat")  
We share all our toys  
With the other girls and boys  
We remember how to share,  
Taking turns and being fair.
- o Let's Be Kind (to the tune of "Frere Jacques")  
Let's be kind, let's be kind,  
In our heart and in our mind  
To our family, to our friends,  
Let's be kind, let's be kind.