

# Connect with Kids

MEDIA THAT CHANGES HEARTS AND MINDS

## Kindness

**SEL Competency**  
Social-Awareness



# Transformative SEL Lessons (PreK-2)

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Explicitly teach social-emotional learning skills while honoring diverse **identities**, creating a sense of **belonging**, and promoting student **agency** toward personal growth and social impact. Teaching these lessons and creating a classroom environment.

## Lesson Format

This 25-35 minute lesson is designed for flexibility. It can be taught in one day or over the course of a week.

- Warm Welcome
- Feelings Check-in
- SEL Skill Spotlight
- Active Engagement
- Closing Connection

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# Teaching Considerations (PreK-2)

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This Pre-K through 2nd grade Transformative SEL Lesson offers a sample of social-emotional learning instruction. Please review the following recommendations for using the materials to create classroom routines that support relationship building and well-being. Additionally, the differentiation strategies allow for teachers to modify lessons for grade level or student needs.

## **Recommendations: SEL Daily Rituals and Routines**

Social and emotional learning instruction must take place within a caring classroom culture. While this lesson can be done in one day or over the course of the week, consider beginning each day with a Warm Welcome and Check-In. Creating an opening routine that builds social-emotional competency and a strong classroom culture are the foundations of all other learning.

## **Differentiation**

When reviewing this lesson, consider the age and grade of the students you teach. Feel free to modify activities to provide greater access to the content. Look for modification and extension ideas within the lesson to support differentiation for age, ability and learning style.



## Kindness

In this lesson students will define and explore the idea of kindness, through using kind words to others. Students will show kindness by giving compliments and showing gratitude to others.

# Warm Welcome



## Kindness Word Bank:

love  
friendship  
compassion  
fun  
nice  
respectful  
warm  
helpful

## Kindness Greeting

Good Morning!

What does kindness mean to you?

Say hello to three friends and finish this sentence with a word or example of kindness.

“Hello, kindness is\_\_\_\_\_.”

**Differentiation:** Modify to contactless greetings where students nonverbally show what kindness looks like to them.

# Feelings Check-In

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Choose the emoji that  
describes how you feel?





# SEL Spotlight

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## Kindness

In our greeting, we thought about what kindness means. Kindness is showing that you care about others. There are many ways you can show kindness to others.

What are some ways we can show kindness to others?

How does it feel when others show kindness to us?

# **This or That?**

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## **What Makes a better act of kindness, This or That?**

- **Giving a new toy or A new book**
- **Getting chocolate ice cream or Vanilla ice cream**
- **Giving cake pop or Cupcake**
- **Playing a board game or Playing outside**
- **Saying I like your hair or you are a good friend**
- **Getting a smile or a big hug**
- **A homemade picture or A homemade card**

People can show kindness in different ways. Let's play ***This or That?*** to see what you prefer.

Here is how to play: I will call out two choices. You decide what would make a better act of kindness for you. If you prefer the first option, put up one finger. If you prefer the second option, put up 2 fingers.







# Create It!

One way to show kindness is through kind words. A compliment is telling someone that you like something about them. Some compliments can be about a person's appearance, but the best compliments show that you like who they are on the inside. Here is a list of great compliments. What would you add to this list?

- You are a great friend
- I like how you take turns
- You are fun
- You tell funny jokes
- I like how you do your best

**Differentiation:** Extend by asking students to write about their experiences.

# Active Engagement

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## Game it!

### Compliment Car Wash

**How to play:** The teacher chooses a student.

- That student stands up.
- Then the other students think of a compliment for them.
- On the count of 5, everyone swishes their hands back and forth (like they are washing a car) and says the compliment.
- Then everyone should go quiet again.
- Continue play by selecting another student.
- Repeat until every student has gone through the compliment car wash.



# Closing Connection

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## Discuss It!

What is something you have learned about kindness?

What is something you will do this week to show kindness...

At school?

At home?

**Extension:** Consider offering students the opportunity to write or draw some of the compliments they heard about themselves. There is nothing better than feeling the kindness of others.

# CONTACT US

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