

Grade Level: 3rd/ 4th grade lesson plan **Topic:** February – Random Acts of Kindness

American School Counselor Association (ASCA) National Standard:

Personal / Social Development

- A. Students will acquire the knowledge, attitude, and interpersonal skills to help them understand self and others

Materials: RAK Bingo worksheets, iPad, Fluid App for iPad, "Boomerang of Kindness" (Life Vest Inside video) <http://vimeo.com/36789712>, smartboard, internet connection, Secret Mission Envelope with Card "SECRET AGENTS OF KINDNESS" , Mission Impossible music.

Introduction:

- I first start out telling the kids that I have a BIG secret that I want to share with just one person. (Of course, everyone wanted to be the one.)
- After I tell one student my secret, I ask them to share it with two people. Those two people will share it with four more people and so forth.
- By the end, everyone in the class will be told the secret and I ask them to say it all together so I could make sure the mission had been completed.
- "Ms. Learn is a SECRET AGENT!!
- Share with the class that you have a mission for them. One in which they will need to be trained for, so that they can become (open envelop with card), "SECRET AGENTS OF KINDNESS" (play "Mission Impossible" music)

Procedure:

- Play video, "Boomerang of Kindness" (Life Vest Inside video)
- <http://vimeo.com/36789712>
- After the video, talk with the students about how the *Kindness Boomerang* worked.
- Go over how the Kindness Boomerang began and continued, and how it came back to the first person.
- Tell students: Another neat thing about kindness is that it ripples. What do you think I mean?
- Let me show you on my iPad. I have an app on my iPad that shows water with some pebbles. If I touch my fingers to the water, what happens? (the water moves or ripples)
- When I touch this iPad it is each of you doing a kind act, like holding the door open for someone. What is the water? Guide the discussion to elicit responses that have to do with the world around us, the people around us, our peers, our family members, our teachers and other adults; our home, our neighborhood, our community, our classroom, our school, our sports teams, our clubs, etc.
- State, "So, when YOU (press the screen) behave in kind ways (give the simple example of smiling at another person or saying good morning) towards one person, ripples or waves of kindness will reach many, many people."
- Ask the students, "What do I mean by ripples or waves of kindness will reach many, many people?" Guide the students to discuss how kindness spreads. Just like in the video, kind acts can spread or boomerang.

Closing:

- This week you will be SECRET AGENTS OF KINDNESS!
- Your challenge: Show true kindness with no expectations for a return reward or attention. These will be Random Acts of Kindness or RAK's. In fact, in February we celebrate National and International Kindness Challenges.
- I have a bingo paper with RAK ideas written on them. Your challenge will be to complete a row for RAK Bingo. When you complete a RAK on the Bingo paper, you will put an "X" through the box. You can earn a Bingo by completing a whole row (any way, horizontal, vertical,..) on the Bingo paper.
- Once your RAK Bingo row is completed you will turn it in to me. I will place a star in your honor on the wall by the drinking fountains.
- If you really want to challenge yourself, you can complete with whole Bingo paper!