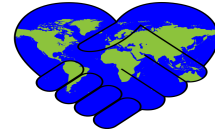


# Kindness



**\*\*This lesson plan can be taught over the course of a few days or weeks.**

## **TEACHING POINTS:**

**Listen to “The Kindness Song” to learn about kindness through music.**

**Watch Willamina Pickles and Penelope in action as they discuss why kindness is important.**

**Practice Kindness by creating a “Kindness Quilt.”**

## **MATERIALS:**

**[“The Kindness Song” by: Mariella Price](#)**

**Kindness video featuring Willamina Pickles and Penelope (link below in WATCH section)**

**Squares of paper (1 per student), crayons, markers, glue, construction paper, etc.**

## **LESSON PLAN**

### **TALK ABOUT:**

**Ask the children to close their eyes and imagine a world, a classroom, a home, and a neighborhood, where kids get along and everyone feels safe. Brainstorm with children all the things they can do to brighten up the world.**

**Optional: Make a list and hang it someplace for everyone to see as a reminder!**

## **QUESTIONS:**

1. What are some things you can do to make the world a kind, fun and loving place to live? (ex: use kind words, ask before you take things, be helpful)
2. How does it feel when you are kind towards others? When someone is kind to you?

## **LISTEN:**

To “The Kindness Song” and discuss with the children the different kindness words and actions that they heard in the song. Make a list or add to the list that you created of the words/actions together. (Laugh together, please, thank you, use gentle words to make amends, empathy, lead by example, lift each other up)

## **CREATE**

Kindness Quilt: Give each child a square of paper and various writing/drawing tools. Have children choose a way to show kindness and have them draw/write it on a square. Attach all the squares together to make a quilt, (attach the squares with tape, staples or yarn) and hang someplace to enjoy!

## **WATCH:**

[Willamina and Penelope on YouTube talk about kindness.](#)

## **Questions for video:**

1. What did Willamina & Penelope say about ways to show kindness? Were the ways the same as our list that we created together? (wave, say hello, smile, lend a helping hand to your neighbors, teachers and friends, gentle words, good manners) let's add them to our list.

2. Let's review, how does it make you feel when you show kindness?  
How does it make others feel?

3. How can you show kindness to yourself? (positive affirmations)

