

Lesson 6

Friends and Caring Acts of Kindness

MATERIALS

Handout/Poster 7: "Caught Caring" Slips

Handout 33: CARES Buttons

Candy, Stickers, or Teacher's Choice (optional)

Book title: *Kids' Random Acts of Kindness* by the editors of Conari Press

OBJECTIVE

To teach students that each one of them can make a difference. As a group they make up the "Caring Community" where kind and caring acts will be acknowledged and encouraged.

STEPS

1. Last Lesson Review

Check that the students still remember the difference between "tattling" and "telling."

2. Activities

Teacher: "Today we will be talking about "random acts of kindness," simply doing nice things for each other "just because." Hand out candy, stickers, or teacher's choice. When everyone has received a piece of candy, for example, explain that you wanted to do something nice for each of them "just because." Ask the students how they like this surprise. Explain that it feels good to have given them a treat. In other words, it was a "win-win" situation because both parties felt good

about the candy surprise. This describes what a Random Act of Kindness is like.

Note: You can also substitute five minutes of free time for candy to illustrate a Random Act of Kindness.

Read a few excerpts from *Kids' Random Acts of Kindness* by the editors of Conari Press or a teacher alternate. After a few examples, the children should be able to share their own experiences of giving and receiving random acts of kindness.

Introduce the "I Caught You Caring" Reinforcement Program

These daily or weekly sessions are designed for reinforcement of caring behavior within the classroom. They can occur at the end of the week for older students, and take five to ten minutes. Younger students may require more frequent recognition, even daily. Each teacher chooses one or more of his or her students, who he or she "caught" being kind or helpful to another student for this special recognition. The teacher should keep a log of "acts of kindness" that he or she notices during the day or week, and then pick a good example—or more—to reinforce.

3. Additional Activities

(These ideas are suggested as "ongoing activities" to help keep the momentum going to encourage a kind and caring climate in the classroom.)

"I Caught You Caring" Alternative Program Ideas

- ▶ "Caught Caring" slips can be filled out and displayed on class bulletin boards. (See *Handouts 33 and 7.*)

RESOURCE GUIDE

See "Books for Primary Students."

- ▶ Budding artists and writers love to “publish” their own books. A sample title: “Random Acts of Kindness in (Teacher’s Name)’s Room.”
- ▶ Students can design their own badges. The nomination process works the same way as “I Caught You Caring” program. Teachers can display the badges. Typically badges are worn for one day; students then return them to the teacher.

Teacher’s Tip

Remember to stress to children the importance of helping children who are being bullied. Remind them that “kindness is contagious.” The teacher should keep things going daily. The classroom “climate” should reflect a safe, positive, inclusive, friendly environment where every individual deserves to be treated with respect and kindness. Uncaring, bully behavior will not be tolerated.

NEXT LESSON

The next lesson is a follow-up session to be conducted in about three to six weeks. During the follow-up review lesson, the facilitator will: (1) evaluate student progress and determine whether any new problems have surfaced, (2) review and reinforce the student skills to prevent bullying and reinforce positive friendship-making skills, and (3) provide any additional instruction necessary to ensure the continued success of the program.

Caught Caring

CAUGHT CARING

Name _____

How _____

Signature _____

CAUGHT CARING

Name _____

How _____

Signature _____

CAUGHT CARING

Name _____

How _____

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CAUGHT CARING

Name _____

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