

EXPLORE KINDNESS WORKOUT: WHEN I'M BORED, I CAN...

Lesson Steps:

- 1.** Talk with children about **boredom**. What does it mean to be bored? What are some times they have felt this way?
- 2.** Talk about how boredom can actually make life **MORE** interesting. It can give us the chance to learn something new, make new friends, and stretch our imaginations.
- 3.** Distribute one copy of the “When I’m Bored, I Can. . .” worksheet to each child (next pg of this PDF). For each item, encourage them to write (or draw on a separate sheet) three different ideas. In the first example, they might make a new game using “a beach ball, bubbles, and chalk .”
- 4.** When children struggle with boredom, help them solve the problem on their own with these phrases:



“Instead of being busy, you have time to do something you choose.”

“I understand. It can be hard to have time on our own.”

“What will you do with this extra time?”

“Would you like to help me _____?”

Healthy Daydreaming

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It can be good for our brains to relax and wander. Help kids practice healthy daydreaming with this mindfulness exercise.

1. Close your eyes.
2. Imagine yourself in a good place.
3. What do you see, hear, smell?
4. Is anyone there with you?
5. What are you doing?

WHEN I'M BORED, I CAN...

When I'm bored, I can **CHOOSE** to do something totally new.

I can make up a new game with my own rules using these things:

1. 2. 3.



I can make something with my hands using this stuff:

1. 2. 3.

I can make up a dance to one of these favorite songs:

1. 2. 3.



I can make a club with a special handshake and invite:

1. 2. 3.

I can go on a hike and hunt for these things:

1. 2. 3.



I can learn to do something I've always wanted to do:

1. 2. 3.



EXPLORE KINDNESS WORKOUT: FLEXING MY KINDNESS MUSCLE

Lesson Steps:

- 1.** Talk with children about **kindness**.
What are some things that kind people do?
How does it feel to be kind to someone?
What are some ways we can be kind to ourselves?
- 2.** Explain that kindness is a skill we must practice.
First, we must learn to notice the feelings of others.
When we see that someone needs kindness,
we can practice ways to show it.
- 3.** Being kind to ourselves is just as important as being kind to others.
That can mean giving ourselves a break, knowing when to ask
for help, and giving ourselves a reward after we do something hard.
- 4.** Distribute one copy of the “Flexing My Kindness Muscle” worksheet
to each child (next pages of this PDF). Help them use their
imagination to think of ways to be kind. They can write their
answers in the blanks, or draw them on a separate sheet.
- 5.** When children show kindness to others or themselves, praise
them with specific statements:



“I saw the way you helped Kevin after he fell. That was very kind.”

“Thanks for telling me why you had a bad day. Let’s do something special together.”

FLEXING MY KINDNESS MUSCLE

If you see someone fall down, you can ...

If you are nervous because of a test at school, you can ...

If someone spills paint on the floor, you can ...

If your best friend is having a bad day, you can ...

If someone is carrying something heavy, you can ...

If you are feeling sick, you can ...

If you see someone new at school, you can ...

On the next page, Three Tooth is sorting his shell collection. Every time you do something kind (for someone else or yourself) color one of the shells. After you color all 15, color Three Tooth!



EXPLORE KINDNESS WORKOUT: HOW TO BE KIND ONLINE

Lesson Steps:

- 1.** Using computers can be a fun way to learn new things. Using cell phones can help us connect with friends and family. But some people use computers to do hurtful things. They might think it's okay because they aren't with people face-to-face. But it's never alright to be unkind, even to strangers.
- 2.** Print one or more copies of the "How to Be Kind Online" activity sheet (next page of this PDF).
- 3.** Along with being kind, it's important to help kids understand how to be safe online. The following tips are good to discuss and review.
 - Never share a photo online with someone you don't know in person. And always ask before sharing a photo of someone else.
 - People online are strangers. They can easily pretend to be someone they are not.
 - Tell an adult if you get a mean or scary message online.
 - Never give out info about yourself, like your name, birthday, address, passwords, or school name.



HOW TO BE KIND ONLINE

- 1.** Someone asks Tara to share her friend's phone number online. What should Tara do? Why?

- 2.** Sam meets someone online who wants a photo of him. They have never met in person. What should he do? Why?

- 3.** Ty posts a photo of Ella online. Ella asks him to take it down, but the photo's already been shared around school. What can Ty do?

- 4.** Ben has been getting mean messages from a kid at school. Now other kids are joining in. What can Ben do?

EXPLORE KINDNESS WORKOUT: “SECRET POWER” CARDS

Lesson Steps:

- 1.** Talk with students about the power of **growth mindset**. Mistakes can be hard, but they also help us **learn** and **grow**. As parents and teachers, we have many opportunities to encourage growth mindset. In the face of mistakes and challenges, we can teach children that growth perspective can be like a **secret power**.
- 2.** Print one or more copies of the “Secret Power Cards” (next page of this PDF) on card stock or heavy paper.
- 3.** There are many ways to use the cards. Have students who feel frustrated draw a card at random and use it to re-frame their thinking. Share a card with a student who needs encouragement. Or, choose a card and use it to discuss famous moments in history, science, or language arts. How did the people in question learn from their mistakes and grow?



Story Time

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Use the Power Word cards during story time to talk about how characters can learn from their mistakes. Which card could help them make a better choice rooted in growth?

"SECRET POWER" CARDS

What can I do differently next time?	Today I will try something new .	If I try and fail, I will be proud of myself for trying.
Is there someone who can help me learn?	I can't do this YET , but with practice, I can get better.	I can remind myself that I am good at _____.
How could this be more fun ?	I have done hard things before. I can do them again .	Mistakes help me learn .
HOW can I get better at this?	Maybe I can't _____ but I CAN _____.	Mistakes help my brain GROW stronger.



EXPLORE KINDNESS WORKOUT: POWER WORDS

Lesson Steps:

- 1.** Talk with children about words that can help them feel more powerful. Share examples using these power words: yet, when, if, can.
- 2.** Distribute one copy of the “Power Words” worksheet to each student (next page of this PDF).
- 3.** Talk with students about the statements. There are many correct ways to finish each one. Those who prefer to draw their ideas can do so on the back of their worksheets. Help children see that many tough situations give us chances to learn and find better ways.
- 4.** When students struggle, use these statements to help them come up with positive ideas:



“What can you do differently next time?”

“It can be hard work to learn something new.”

“How can we work together to figure this out?”

“What else can you choose to do?”

“Who might be able to help?”

POWER WORDS

Fill in the blanks (or draw your ideas on the back).

1. I can't always score goals for my team, but I will get better **IF**:

or, _____ .

2. I can't drive a car **YET**, but I can do these fun things:

and, _____ .

3. This math problem is so hard. Instead of giving up, I **CAN**:

or, _____ .

4. I have trouble getting up on time, but it's easier **WHEN**:

and, _____ .

EXPLORE KINDNESS WORKOUT: SUMMERTIME KINDNESS

Lesson Steps:

- 1.** Summertime brings exciting adventures and new opportunities. Talk with students about the importance of kindness during the summer months. Without school, they might have more time on their hands and more chances to show kindness to others.
- 2.** Print one or more copies of the “Summertime Kindness” activity sheet (next page of this PDF).
- 3.** The prompts below can help to generate ideas and discussion about the possibilities of kindness during the summer.

“How can the heat affect people who don’t have air conditioning?”

“How can you show kindness to older people in your community during the summer?”

“What are some special things pets and wild animals might need in the summer?”

“What are some ways to help people in your neighborhood cool off?”



SUMMERTIME KINDNESS

- 1.** Think of someone who might need extra help in the summertime. Name two things you can do to show the person kindness.

- 2.** You probably have extra time during the summer. Name three ways you can use that time to show kindness to others.

- 3.** Everyone loves to swim in the summer. Think of three kind things you can do when you swim in a pool, lake, or the ocean.

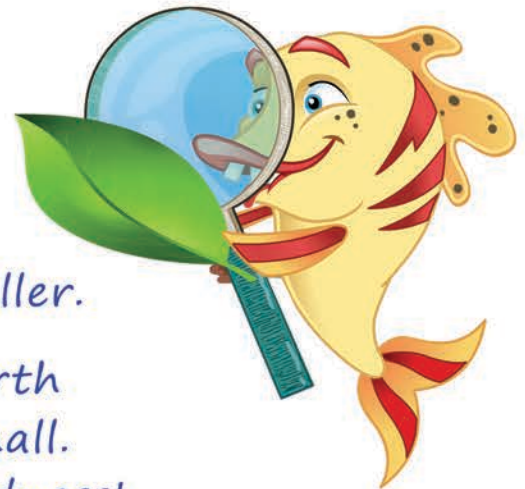




EARTH HUNT

Be the first to spot everything on the list. While you're at it, you'll learn ways to be kind to the Earth!

- ❑ **LEAF or TWIG:** Trees give us shade and oxygen to breathe. Each year, over 15 billion trees are cut down. Help by planting a new tree with your class or family. You'll give wildlife a new place to live!
- ❑ **PLASTIC TRASH:** A plastic bottle takes over 400 years to break down after you throw it away, and the pieces can wash into the ocean, hurting wildlife. Instead, choose a reusable bottle.
- ❑ **PAPER TRASH:** Reduce stuff you throw away at lunchtime. One cloth bag can keep 600 bags out of the landfill. (Don't forget to throw trash away.)
- ❑ **PUDDLE:** Turn off the water when you brush your teeth or wash your face. That can save 3000 gallons of water a year...enough to fill a 12-foot swimming pool!
- ❑ **FOOTPRINT:** Turn off lights when you leave a room. You'll save energy and make your footprint on the Earth smaller.
- ❑ **BUG or ANIMAL:** Helping the Earth helps all creatures, great and small. Thank you for showing them kindness!





EXPLORE KINDNESS IDEA CARDS



WHAT IF...	WHAT IF...
<p>A new student gets on the bus and looks nervous. What can you do?</p>	<p>You find someone's wallet on the floor. What can you do?</p>
FEELINGS & CHOICES	FEELINGS & CHOICES
<p>You have to do homework instead of watching your favorite show. You feel ANGRY. What can you do?</p>	<p>You see your best friend having lunch with someone else. You feel SAD. What can you do?</p>
QUICK COOL OFF	QUICK COOL OFF
<p>Close your eyes and think of your favorite color. How many things can you picture that include that color?</p>	<p>You're a turtle. It's snowing, so you curl up tight in your shell. When the sun comes out, you stretch your arms and legs with a deep breath. Repeat 3 times.</p>
KINDNESS PRACTICE	KINDNESS PRACTICE
<p>A friend's grandmother passes away. List three ways you can show her kindness.</p>	<p>A classmate failed a test. He seems to be feeling down. List three ways you can show him kindness.</p>



EXPLORE KINDNESS IDEA CARDS 2



WHAT IF...	WHAT IF...
You notice that your brother seems down after his baseball game. What can you do?	You see someone shove your friend in the hallway. What can you do?
FEELINGS & CHOICES	FEELINGS & CHOICES
You miss practice because you didn't get ready on time. You feel UPSET. What can you do?	Something bad happened and you hear about it on the news. You feel SCARED. What can you do?
QUICK COOL OFF	QUICK COOL OFF
Close your eyes and imagine your favorite carnival ride. Hold out your arms and picture what you see around you.	Pretend you are a palm tree on the beach. The wind blows. Sway your branches left and right. Stretch out and feel the sun on your leaves.
KINDNESS PRACTICE	KINDNESS PRACTICE
Your mom looks tired and the kitchen is messy. List three ways you can show her kindness.	Your cat gets sick and has to take medicine. List three ways you can show her kindness.



EXPLORE KINDNESS IDEA CARDS 3



WHAT IF...	WHAT IF...
<p>A person at school says things about you that aren't true. What can you do?</p>	<p>You want to go camping with a friend, but you also need to study for a test. What can you do?</p>
FEELINGS & CHOICES	FEELINGS & CHOICES
<p>A friend asks to copy your homework. You feel NERVOUS. What can you do?</p>	<p>You see a friend take money out of someone's wallet. You feel ANGRY. What can you do?</p>
QUICK COOL OFF	QUICK COOL OFF
<p>Close your eyes and breathe in. Tighten the muscles in your face as you count to 5, then breath out. Repeat 3 times.</p>	<p>Pretend you are a kitten. Curl into a ball, then stretch your paws in every direction. Open your mouth for a wide yawn. Take some deep breaths.</p>
KINDNESS PRACTICE	KINDNESS PRACTICE
<p>Your dad has a long day of yard work ahead. List three ways you can show him kindness.</p>	<p>A friend is worried because she has to visit her grandmother in the hospital. List three ways you can show her kindness.</p>