Definitions
Elementary: Kindness is unselfish care and concern for others.
Secondary: Kindness is concern about the well-being and feelings of others.

Related Words
benevolent  thoughtfulness  pardon  favor
forgiveness  consideration  charity  fairness

How can I show the world kindness?
Smile
Listen
Volunteer
Be a real friend
Encourage others
Include someone new
Give a compliment
Respect others
Show concern
Teach a skill
Be genuine
Forgive
Share

Kindness Every Day
Kindness is the golden rule,
Fill up the cup of kindness ‘till it’s full.
Share a smile along the way,
Be kind to others every day.
Care a little
Care a lot
And make this world
A better spot by
Kindness, kindness every day,
So share a drop of love along the way.
Keep the golden rule each day,
And you will show the world the way.

Source: Angel Creek Music 1996—Can be sung to the Turkish March by Leonard van Beethoven

“Kindness can become its own motive. We are made kind by being kind.”
Eric Hoffer
**Suggested Reading List**

**Elementary**

**Old Henry** by Joan W. Blos. When Henry moves into a dilapidated house and does not fix it up, the neighbors' complaints make him move. Soon they realize they miss his being in the old house while Henry misses the pies and other acts of kindness from his former neighbors.

**Andy and the Lion: A Tale of Kindness Remembered or The Power of Gratitude** by James Daughtery. In this retelling of Aesop's *Androcles and the Lion* Andy meets a lion on the way to school and wins his friendship by removing a thorn from his paw.

**The Year of the Perfect Christmas Tree** by Gloria Huston. Ruthie and her mother fulfill the family responsibility to provide the village Christmas tree even though Papa has not returned from the war to cut it down.

**The Wednesday Surprise** by Eve Bunting. Young Anna shows Grandma the ultimate kindness by spending Wednesday nights teaching her to read when the family thinks Grandma is teaching Anna.

**Charlotte’s Web** by E.B. White. Wilbur the pig is saved by the farmer’s daughter Fern and then is saved from being the farmer’s Christmas dinner by his kind friend, Charlotte, a spider.

**Stone Fox** by John R. Gardiner. Little ten year old Willy hopes to pay the back taxes on his grandfather’s farm with the purse from the national dog sled race. He competes against the Indian mountain man, Stone Fox.

**Secondary**

**Out of Nowhere** by Quida Sebestyen. Harley is abandoned by his mother and though kindness and trust builds a new family that includes an old pit bull, an outspoken old woman, an eccentric junk collector and an optimistic handyman.

**Gift Giver** by Joyce Hansen. A fifth grade girl meets a special friend who teaches her self-confidence and understanding while she tries to keep her family together during hard times.

**And One for All** by Theresa Nelson. Geraldine views the lives of her brother and his friend during the Vietnam War era. Coming to terms with tragedy, Geraldine challenges the injustice and lack of kindness in an adult world.

**Of Mice and Men** by John Steinbeck. Ranch hand George and his mentally handicapped friend, Lennie, dream of a home with rabbits and a garden as they travel from ranch to ranch. George tries to protect Lennie from unkindness and cruelty.

**Shadow of the Red Moon** by Walter Dean Myers. In this fantasy a group of Okalian children led by 15 year old Jon embark on a journey to return to the Ancient Land and restore their race to its former greatness. They display caring and concern for each other and all of life.

**Websites**

http://educationworld.com—includes lesson plans, themed articles and activities.

http://www.goodcharacter.com—Free lesson plans and activities

Pppst.com—Be A Kindness Kid Cheer, Clifford coloring sheets, lesson plans, etc.

www.learningtovote.org—lesson plans

www.readwritethink.org—Living the Dream—100 Acts of Kindness

www.thinkfinity.org—videos, activities

**Spotlight on Schools**

Show your kindness by supporting the annual Country Store and Silent Auction at Polk Life and Learning on Floral Avenue in Bartow December 2—from 12:00—4:00 p.m., December 3 from 8:00 a.m.—6:00 p.m. and on December 4 at 8:00 a.m. for a continuation of the rummage sale. Craft tables, plant sales, bake sales and rummage sales will provide fun for all.

This fundraiser supports student awards and incentives throughout the year. This unique student body includes students ages 3—21 who are autistic, emotionally mentally handicapped or profoundly mentally and/or physically handicapped. These funds provide a Fall Dance, Valentines Day Dance, Prom and Graduation along with good character awards throughout the year. The silent auction website is http://schools.polk-fl.net/pllc/PLLCCountryStore.html.
Subject Level Lesson Plans

Language Arts:
* Display the word “kindness” on the board and ask students to see how many words they can make from the letters (they must be nice words and in the standard dictionary). Give the students a deadline of a few days or week, and a reward to the student who has the most. Display decorated entries in the hallway.
* Direct students to write a thank you note to a school employee, family member or friend that has been especially kind.

Math:
* Ask students to write the letters of the alphabet on a sheet of paper. At the side of each letter direct students to write the number that corresponds with its place in the alphabet. The number will represent cents (Example: A—1, B—2, C—3, etc.). Ask students to calculate how much kindness costs. Reward the first student to get it correct. Also, reward a student who responds that kindness does not cost anything: it is free and should be freely given.
* Analyze the budget of a non-profit agency that does kind acts for the community.

Science:
* Direct students to look for areas in the school that regularly have litter or vandalism and circle it on a map of the school. In small groups brainstorm solutions to the problem, as a class choose the best solution and share with school administration.
* Create a school wide drive to collect supplies for your local animal shelter.

Social Studies:
* Direct students to collect the appropriate data from U.S. military websites and locate on a world map major areas in which the U.S. has large numbers of troops stationed. Create a card campaign to send cards to the troops in the area students select.
* Collect stuffed animals and donate them to local police or fire stations to give to traumatized children. Invite them to discuss their program with the class.

P.E.
* Discuss the safety implications of following the rules in P.E. Point out that kindness is shown in teamwork and cooperation.
* Discuss the Special Olympics program in your area and brainstorm ways the stu-

Multi-Level Activities
* Hold a kindness story time once a week to share kind acts. Children can draw a picture, write a story or create a flip book from the stories they share. Encourage students to do one kind act each day.
* Have a toy drive to collect new or used toys for a worthy charity (foster homes, homeless, etc.).
* Create a puppet show about kindness and present it to a lower grade level.
* Plan a school or classroom recycling effort.
* Lead the Student Council in sponsoring a Random Acts of Kindness Week.
* Distribute buttons, stickers, book marks or flyers to encourage acts of kindness.
* Challenge students to do a favor for a neighbor (tutor, babysit, walk a dog, bake, carry packages, etc.).
Making Twelfth Graders Smile

“I just started 12th grade this year. Being stuck in school since I was 3 years old in preschool I know how hard it is on the teachers and the young people they teach.

I go to a high-school now and in my bag I always have pack of smile cards. A few years ago I was the one who gave the first smile card at my school and now it's going on strong.

So back to the story. I was the one that hated talking to or going up to people that I don't know. Well, lets say that I have changed that. Every person that I saw on the first day of school, I would say something nice to them or help them out and give them a smile card. Now I have several cards.

Now when I need help not only do I get it but sometimes I get a smile card too. And now at school I am known as the Smile 12th grader. When you need it the most I will be there. It's like I just know when somebody needs me.”

(Post by Ginny to www.helpothers.org 8-30-06)

FCAT Power—Kindness Writing Prompts

* Think about the kindest thing anyone has ever done for you or a kind act that you did for someone else. Was the kindness returned? Describe the effect that it had on you.
* Think about the statement, “It is better to give than to receive.” Write a paragraph to convince a skeptic that it is true.
* Think about kind acts of individuals in your community. Write a letter to the editor of the local newspaper to honor their efforts.
* Think about the saying “Sticks and stones may break my bones but words will never hurt me.” Write a paragraph convincing someone that it is not true.
* Think about motives behind kind acts. If you expect to get something back, are you really being kind? Write to convince someone to change their attitude.
* Think about the difference in an act of kindness and a Random Act of Kindness. Describe the difference and why the Random Acts of Kindness has been so popular.
* Think about the difficulty in being kind to someone who is unkind to you. Describe how you feel and why you should be kind anyway.
* Think about gossiping and teasing. Describe why these are unkind things to do.

“Today give a stranger one of your smiles. It might be the only sunshine he sees all day.”

Quoted in P.S. I Love You compiled by H. Jackson Brown, Jr.
The capacity for imitation is already wired into the DNA; our job as parents is to help it grow into real emotional empathy and the ability to be compassionate. "Whether it blossoms or lies dormant largely depends on whether it is nurtured," Michele Borba writes in her book, *Building Moral Intelligence*.

As they get older, talk to your kids about their day -- and listen to what they say, advises David A. Levine, author of *Teaching Empathy: A Blueprint for Caring Compassion and Community*. Levine calls this "high-level" listening.

"Ask open-ended questions, such as 'Help me understand what happened,'" Levine says. "Put effort and energy into understanding what your child or someone else went through. Then reflect back his or her feelings with a comment like, ‘You must have been really disappointed.’"

Encourage kids to see other points of view, says Christy Stapleton, a clinical therapist at the Child and Family Guidance Center in Tacoma. "Take every opportunity to say to your child, ‘How would you feel if that were you? What would you do?’"

Read books to your children that deal with feelings, Duffell suggests. "Engage in a dialogue about the book," she says. "Ask your child, 'How do you think this person is feeling now?'"

Find ways for your kids to show care and concern for others, Glaze says. "Maybe a neighbor is ill. Ask your children, 'How do we want to show him we care?' As they get older, help them find volunteer activities. Help them recognize kindness in all its forms."

And support school programs that help build social and emotional skills, says Duffell. "Not every child learns those skills at home. You can't assume every parent is mature; some are kids themselves."

Schools must attend to the whole child, she argues. "As citizens of the world's most powerful country, kids in the U.S. need to learn how to stand in other people's shoes," she says. "After all, one day these kids may be sitting at a negotiating table."

Linda Morgan, *Parent Map's* associate editor, writes frequently on education issues and shares these important tips:

**How to teach empathy**

- **Show empathy to your children.** Young children (like all of us) love to receive empathy. Research shows that parenting with empathy and emotional guidance encourages healthy emotional growth.

- **Provide simple, clear explanations about how other people feel when they are sad or hurt.** This is especially important if your child has caused these feelings in another. (You might say "It makes Carlos feel bad when you call him names.") When this happens, be firm as you explain how these feelings work.

- **Be a good role model for empathy.** Children are some of the best copycats around, and they are likely to copy the ways they see you treat people.

- **Praise your toddler's early acts of empathy** -- they are wonderful signs of learning to care about other people. When your toddler gives up his favorite toy to a younger sibling who's crying, make sure he knows you appreciate his action.

- **Don't expect empathy every time** - young children are still learning how emotions work, and how people get along with others. Encourage empathy but don't expect perfection.

Source: Talaris Research Institute
Random Acts of Kindness Award

In Kathy Hall’s fifth grade classroom a weekly “Family Meeting” is held to share acts of kindness observed around the school and community and for students to share positive remarks with each other in the class. The class votes on the most outstanding act of kindness observed and awards the person a trophy called the “Fifth Grade Random Acts of Kindness Award.” The trophy stays with that person one week and returns to the class at Family Meeting to be awarded to someone else the next week. This teaches the students to focus on the positive and look for the good that they see rather than the negative things that are in our world. It gives students ideas for kind actions that they can do and makes it popular to be kind. The kids love to talk about the kindness they see in their world and hopefully the seeds of kindness sown will sprout and grow.

http://www.peopleandpossibilities.com/33kindnessstoreis2.html

Leaves of Kindness – Falling All Around!
Create the trunk and limbs of a bare tree on a bulletin board titled “Leaves of Kindness—Falling All Around.” Create a box of leaves of two colors—perhaps gold and brown to coordinate with certain acts of kindness. Brainstorm with the class to create a list of acts of kindness that would be nice to do and put them in categories—perhaps gold for stopping a bully from teasing someone else, or brown for sharing a pencil. Challenge them to put the leaves on the tree by doing an act of kindness, writing it on the appropriate leaf with their name and placing it on the tree or on the ground where it would fall.

Kindness—the Gift that Keeps on Giving!
Title a bulletin board “Kindness—the Gift that Keeps on Giving” above a box with the lid cracked open in the center of the board. Brainstorm with the students to create a list of acts of kindness that would be nice to do and place them inside the box where they can be seen as a reminder for the students to be kind. A star or pattern of your choice could be used for the kind acts that go into the box. Discuss the fact that when we are kind it encourages others to be kind and becomes a gift that keeps on giving.

Caught Being Kind
Center the title, “Caught Being Kind” at the top of the bulletin board. Use a blue vinyl tablecloth from a dollar store and brown and green construction paper to create a lake with a bank from which a fishing pole is held by a cut out of a person or stuck in the sand by the lake. Place a paper bucket near the pole. When a student is “caught being kind” place their name and kind action on a paper fish and put it in the bucket. (Ellison die cuts of cameras and filmstrips can also be used for this theme rather than fish.)

Sunshine State Standards

PreK-2
HE.A.1.1 - The student comprehends concepts related to health promotion.
HE.B.1.1 - The student knows health-enhancing behaviors and how to reduce health risks.
HE.B.3.1 - The student knows how to use effective interpersonal communication skills that enhance health.

Grades 3-5
HE.B.1.2 - The student knows health-enhancing behaviors.
HE.B.3.2 - The student analyzes the influence of culture, media, technology and other factors on health.

Grades 6-9
HE.A.1.3 - The student comprehends concepts related to health promotion.
HE.A.2.3 - The student knows how to access valid health information and health-promoting products and services.
HE.B.3.3 - The student knows how to use effective interpersonal skills that enhance health.

Grades 9-12
HE.B.1.4 - The student knows health enhancing behaviors and how to reduce health risks.
HE.B.2.4 - The student analyzes the influence of culture, media technology, and other factors on health.
HE.B.3.4 - The student knows how to use effective communication skills that enhance health.
Kindness Quotes

Week 1
“"It’s nice to be important, but it’s more important to be nice.”
~ Anonymous

“There is no greater loan than a sympathetic ear.”
~ Frank Tyger

“Kindness is the language which the deaf can hear and the blind can see.”
~ Mark Twain

“The most important trip you may take in life is meeting people halfway.”
~ Henry Boye

“The everyday kindness of the back roads more than make up for the acts of greed in the headlines.”
~ Charles Kuralt

Week 2
“You can’t live a perfect day without doing something for someone who will never be able to repay you.”
~ John Wooden

“Kindness is in our power even when kindness is not.”
~ Samuel Johnson

“Make it a practice to judge persons and things in the most favorable light at all times and under all circumstances.”
~ Saint Vincent de Paul

“If we cannot always be clever, we can always be kind.”
~ Alfred Fripp

“The more sympathy you get the more you need.”
~ Malcolm S. Forbes

Week 3
“When I was young I admired clever people. Now that I am old, I admire kind people.”
~ Abraham Joshua Heschel

“Getting money is not all a man’s business: to cultivate kindness is a valuable part of the business of life.”
~ Samuel Johnson

“There are no traffic jams when you go the extra mile.”
~ Zig Ziglar

“To err on the side of kindness is seldom an error.”
~ Liz Armbruster

“The greatest good you can do for another is not just to share your riches but to reveal to him his own.”
~ Benjamin Disraeli

Week 4
“Remember that everyone you meet is afraid of something, loves something and has lost something.”
~ H. Jackson Brown, Jr.

“Don’t cast a shadow on anyone unless you’re providing shade.”
~ Terri Guillemets

“I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again.”
~ William Penn

“Real charity doesn’t care if it’s tax deductible or not.”
~ Dan Bennett

“In about the same degree as you are helpful, you will be happy.”
~ Karl Reiland

Why Teach Random Acts of Kindness?

The Random Acts of Kindness Foundation is committed to teaching kindness and provides free materials and ideas to teachers to encourage kindness activities in the classrooms of America (access their materials at www.randomactsofkindness.org). Some reasons they are so committed to this one character trait when so many others are also important include:

- **Kindness embraces everyone.** Through kindness we acknowledge our diversity and teach students that kindness is a language understood by everyone regardless of race, religion, gender or age.

- **Kindness promotes self-esteem and can change the school climate.** All students can excel at being kind and participate more when they know the other students will be kind to them if they make a mistake.

- **Kindness empowers us.** When we are kind to others we realize we have the power to make a difference in our world.

- **Kindness connects our actions with consequences.** When kind to others students usually get positive reinforcement back with a “thank you” or smile.

- **Kindness is a lifelong interpersonal skill.** Our students become adults who use kindness daily at home, work and in the community making our world a better place.

They have found to create effective kindness projects for the school and/or classroom, it is important to:

- Keep projects simple and manageable.
- Brainstorm ideas with the class to give them ownership of the project.
- Make sure you have a clear structure as to who will be involved, what they will do and how and when the project will be implemented.
- Reflect on the results through a journal, art, class discussion, etc.

Ideas the Random Acts of Kindness Foundation
Attitude

By Charles Swindoll

“The longer I live, the more I realize the impact of attitude on life.

Attitude, to me is more than facts.
It is more important than the past, than education, than money, than circumstances,
than failures, than successes, than what other people think or say or do.

It is more important than appearance, giftedness, or skill.

It will make or break a company...a church...a home.
The remarkable thing is that we have a choice every day
regarding the attitude we will embrace for that day.

We cannot change our past...
we cannot change the fact that people will act in a certain way.

We cannot change the inevitable.
The only thing we can do is play on the one string we have
and that is our attitude.

I am convinced that life is:

10% what happens to me and
90% how I react to it.

And so it is with you.

We are in charge of our attitudes.

What attitudes are being shown here?