

# Kindness Coupons

This lesson focuses on how we can respond with kindness, gifting kindness to family members throughout the week when they use the coupon book students make for them.

## Caring Sub-Concepts

Perseverance, Kindness

## Lesson Timeframe

45 minutes

## Required Materials

- ❑ Basic Art Supplies
- ❑ Coupon Book template (see below)

## Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

## Lesson Objective

Students will be able to:

- Identify ways children can respond with kindness towards others in a variety of situations.
- Practice acts of kindness at home.

## Teacher Connection/Self-Care

The root word for responsibility is “responsus” which is Latin for “to respond”. How do you respond to others throughout your day? This week, reframe things that might normally generate a frustrated or negative response (even simple things like getting caught at a red light or spilling something). Choose to respond with kindness, both internally and externally.

### Tips for Diverse Learners

- Allow students to draw pictures or dictate the acts of kindness in their coupon book.
- Give ideas for students to include in their coupon book.



## Share

3-5 minutes

Review the definition of **responsibility**: *being reliable to do the things that are expected or required of you.*

Becoming responsible members of our school takes a great deal of practice and **perseverance**. This means we keep trying our best, even when it gets hard, until we reach our goal.

Let's highlight some ways we have been responsible this past week:

- What is one way you have made responsible choices when you walked in the halls?
- What is one way you have made responsible choices with your homework?
- What is one way you were able to use self-discipline to wait for something when you really wanted it?
- How were you able to be responsible in our classroom last week?

All of these choices are ways we can respond with kindness towards ourselves, others, and our environment/space!



## Inspire

### Responding with Kindness

7-10 minutes

#### Explain:

*The first part of the word RESPONSIBILITY is actually RESPONSE. A response is another word for choice. We can respond in kind ways or in unkind ways. You have this choice many times throughout the day! Think back to this morning when each of us arrived at school. What choices did you make? How were you able to respond with kindness when you got here? (I chose kind words with the bus driver, I chose to hold the door open for others, etc.)* Give students a chance to respond.

Now, go through the following scenarios and ask students what kind, responsible choice they could make:

1. You are in the library and find a mess of books on the floor. You didn't make the mess, but what kind and responsible choice could you make?
2. You are at lunch and the student sitting next to you spills their milk. What could you do to show kindness and responsibility?
3. You are on the bus and your friend keeps changing seats even though the rule says you must remain seated at all times. Your friend asks you to change seats with her. What is the responsible thing to do?

Remind students that we can respond with kindness, even when others choose to be irresponsible! It takes perseverance to show kindness and responsibility, no matter what. We can do it!



## Empower

20 minutes

Students will create personalized Kindness Coupon books for their families to use at home as they see fit. Each student must design at least 5 coupons.

- **Step 1:** As a class, brainstorm ideas of kind and responsible actions that can be completed at home. Some ideas include setting the table, picking up your clothes, giving a hug, putting away your backpack, helping a sibling, etc.
- **Step 2:** Each student selects 5-10 (personal choice) coupons to include in their book. Each coupon can include pictures and words for the recipient. The student can dictate the words to a partner or teacher if needed.
- **Step 3:** Each student will assemble their book and create a cover.
- **Step 4:** Students will take their coupon book home and report back on how their family has used the coupons throughout the week.



## Reflect

5-7 minutes

Invite students to share which coupon they are most excited to give out that evening. (Or, if reflecting a day or so after this lesson, ask students which coupons they have given out and how they were received.)

Remind students that responding with kindness and being responsible is a choice you can make each and every day. The best place to start practicing this kindness is at home with our families. When we give kindness, we are more likely to receive it as well. There is no better time to start than now!



## Extension Ideas

- This activity could be modified to create a coupon book for one specific person in each student's family. Perhaps a family member they struggle to get along with would be a good recipient!
- To encourage students to use the coupon books, create a bulletin board that tracks how many coupons have been redeemed. Students bring each coupon back after it has been used. Tack the coupon up to track on the kindness being spread throughout all the homes!
- The coupon book could also make a nice gift for mothers or fathers depending on the timing within your school year!



DESIGNATED BY CASEL  
AS A RECOMMENDED  
PROGRAM FOR SOCIAL  
AND EMOTIONAL  
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

## Coupon Book Cut-outs

<p><b>This KINDNESS coupon is good for</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>With love from _____</p> 	<p><b>This KINDNESS coupon is good for</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>With love from _____</p> 
<p><b>This KINDNESS coupon is good for</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>With love from _____</p> 	<p><b>This KINDNESS coupon is good for</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>With love from _____</p> 
<p><b>This KINDNESS coupon is good for</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>With love from _____</p> 	<p><b>This KINDNESS coupon is good for</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>With love from _____</p> 