

Give Me Five!

This lesson focuses on how we can respond with kindness, planning ahead to exude kindness throughout the week at random intervals.

Caring Sub-Concepts

Self Discipline, Kindness

Lesson Timeframe

45 minutes

Required Materials

- ❑ Basic Art Supplies
- ❑ Scissors
- ❑ Plain Paper

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.



DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.
See last page for details.

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 school.

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 onto their cut out.
- Enlarge the teacher-completed hand cut out and incorporate simple pictures to increase comprehension and understanding.
- Remind students each day about the kindness goal.



Share

5 minutes

We have worked very hard to become responsible citizens of our kindergarten classroom! Let's review the definition of **responsibility**. *Invite student response - see if they can recite the definition of doing the things that are expected or required of you.*

Then, ask: (one or more of the following)

- How have you used self-discipline and responsibility to complete your schoolwork during our seatwork time?
- What is one responsible choice you made yesterday on the playground? At specials?

RANDOM ACTS OF KINDNESS
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- 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 for our classroom last week?

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



Inspire

Responding with Kindness

7-10 minutes

The first part of the word RESPONSIBILITY is the word RESPONSE. A response is another word for choice. We can respond in a kind way or a mean way - in a calm way or frantic way. You have this choice many times throughout the day! Let's think back to this morning when each of us got up and got ready for school. What choices did you make? How were we able to respond with kindness at home? (I chose kind words with my mom, I chose to pick up my clothes, etc.)

- Create a 3 column chart on the whiteboard. Label the sections: Classroom, Playground, Lunchroom.
- As a class, brainstorm as many kind and responsible choices as possible under each heading.
- **Remind them:** We can respond with kindness, even when others choose to be mean or unkind! It takes self-discipline to show kindness no matter what. We can do it!



Empower

20 minutes

Students will practice choosing kindness throughout the week by focusing on 5 acts of kindness from the list you generated as a class.

Instructions:

- Look back to your list of kind choices and, as a class, choose 5 kind responses that everyone will focus on this week: 2 in the classroom, 2 on the playground, and 1 in the lunchroom.
- Have each student trace one of their hands (with help if needed) and cut it out.
- Using words (use the brainstorm list) or pictures, write or draw these 5 acts of kindness on the hand cut-out, one on each of the fingers.

Give Me Five!

Explain that, as a class, you will focus on one act of kindness each day. Review how students did at the end of each day, and have students color in each finger after they have completed the act of kindness.

Example:

- **Monday - Classroom:** Sit quietly in your desk without being asked.
- **Tuesday - Classroom:** Clean up an area in the classroom without being asked.

- **Wednesday - Playground:** Hold the door open for someone as you are heading out or coming back from recess.
- **Thursday - Playground:** Pick up a toy that you didn't play with and put it away.
- **Friday - Lunchroom:** Thank the lunchroom staff/cooks for preparing the food..

Have fun and remember to respond with kindness as your students attempt these acts of kindness! Practice makes perfect.



Reflect

5-10 minutes

Have your class gather in your circle time/community area. Each day discuss the activity using the following questions:

- How did it feel to respond with kindness today?
- What was one thing you did differently to make sure you stayed kind?
- Did you find yourself doing something you didn't really enjoy? If so, how did you stay kind and positive?
- What is one way you can respond with kindness at home?



Extension Ideas

- This activity could be modified to include all 4-5 specials that your class may have. Each day could represent a different special class.
- When they complete their sheet, as a reward allow students to add a handprint to a "Colorful Hands of Kindness" bulletin board. Have students dip or paint the colors they chose above on their palms/fingers to mirror their sheet. Allow them to stamp the board several times as desired.
- This activity could also change to promote RANDOM acts of kindness as a class. How can we secretly help other classes?



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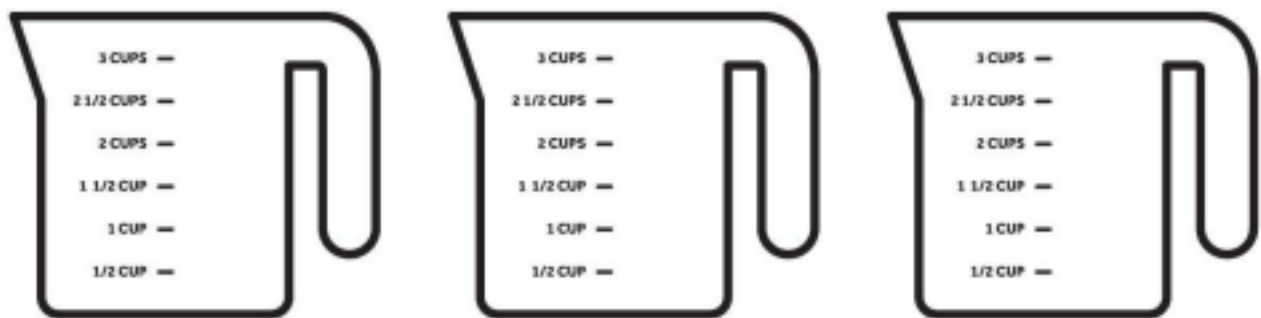
The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

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/>

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Color in the amount of water you used when brushing your teeth with the water ON:



Color in the amount of water you used when brushing your teeth with the water OFF:

