

Kindness Looks Like...

What does Kindness look like in your class? Using pictures (or art if pictures are not available) students will create an example of a time they experienced kindness from another student this year. You will then put them all together and create a Kindness Looks Like... book.

Courage Sub-Concept(s)

Kindness

Project Timeframe

25-30 minutes

Required Materials

- ❑ Kindness Looks Like... page template (one for each student)
- ❑ Basic Art Supplies

Step 1:

Revisit the three areas of kindness covered in this unit and how it takes courage to be kind.

- Kindness to Self: How do you take care of yourself? How are you kind to your body and heart?
- Kindness to Others: How are you able to respond with kindness to other students in our class? On the playground?
- Kindness to Our Space: How have you chosen kindness with our toys? With our classroom? On the playground?

Step 2:

Each student will think back to one time when they experienced kindness from another student during this school year. They will then draw a picture and finish the sentence prompt to highlight this act of kindness.

- Example- Kindness looks like...Amman sharing his lunch with me after I forgot mine.
- If time allows, choose several pages at random and invite students to act out the scenario shared as the author reads it aloud and tells a little about the kind experience.

Step 3:

As a group, design your cover. There are many ways to complete this:

- A group picture
- A giant Letter K for kindness
- A class animal or image that you have used this year
- Your school mascot if applicable

Step 4:

Bind the book and choose a class to read it to! At the end of the year, add it to your library for access with next year's class!



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/>

This image shows a full page of handwriting practice paper. It features four identical sets of horizontal guidelines arranged vertically. Each set includes three lines: a solid top line, a dashed middle line, and a solid bottom line, providing a structured space for practicing letter formation and alignment.

