



Bring digital literacy education into your classroom.

Lesson plan: #WorldKindnessDay

Grades: 3-5

Duration: 45 - 60 minutes

Overview:

In celebration of #WorldKindnessDay, students will learn vocabulary associated with kindness by matching the word to the correct definition. Next, students will be presented with scenarios of others spreading kindness in real life and will be challenged to provide an example of how to translate the example for the digital world. The final activity tasks students to create a short news segment that shares a story about spreading kindness.

Learning outcomes

Students will:

- Learn key vocabulary associated with kindness
- Practice how to spread kindness online
- Empower themselves to act with kindness and generosity

Preparation and materials

- Provide each student with a copy of the activity sheet (digital or print)
- Whiteboard and markers to capture class feedback (optional)
- Craft materials for newscast video (optional)

Procedure

1. Start by providing each student with a copy of the activity sheet, titled "It's cool to be kind!".
2. Next, ask students to make groups of three and work together to complete the worksheet. Students may work together but each student should fill in their own worksheet.
3. After everyone has completed the worksheet, review the answers for the 'Kindness vocabulary: match the word' activity as a class. For the 'Kindness in action: how to be kind online' portion of the activity, ask students for examples of how they can be kind online.

Kindness vocabulary answer key:

1. Responsibility, 2. Courage, 3. Generosity, 4. Caring, 5. Helpful, 6. Inclusion, 7. Integrity, 8. Kindness, 9. Respect
4. Optional activity: ask the groups to complete 'Kindness news: this just in!' In this activity, students will work together to develop a one to two-minute news show segment about an example of kindness in their community. Provide students with 60 - 90 minutes to create their scripts and props and film their segments. You may provide students with craft materials for props, like poster board or markers, to enhance their video.

It's cool to be kind!

World Kindness Day is celebrated around the world every year on November 13. The objective of this day is to spread kindness in your communities and learn how positivity and kindness can influence us all. This worksheet will help you understand how you can spread kindness online and in real life.

Kindness vocabulary: match the word

Match the words and definitions below by writing the correct numbers in the space provided.

- | | |
|----------------------|--------------------------------------------------------------------------------|
| _____ Kindness | 1. What you have when you when you need to take care of someone (or something) |
| _____ Generosity | 2. The ability to act with bravery when faced with something that scares you |
| _____ Inclusion | 3. Being willing to share or give something to someone else |
| _____ Help | 4. Showing kindness to others |
| _____ Integrity | 5. Offering support to someone |
| _____ Courage | 6. Being included in a group |
| _____ Responsibility | 7. A strong sense of honesty and doing the right thing |
| _____ Caring | 8. An act of thoughtfulness, consideration, or generosity for someone else |
| _____ Respect | 9. Treating places, people, and things with kindness and care |

Kindness in action: how to be kind online

Read each example of real-life kindness below. Then, write how you would translate the real-life examples for the digital world, following the example in the first row.

| Real-life examples of spreading kindness | Spreading kindness online |
|-------------------------------------------------------------------------------------------------|----------------------------------|
| Writing a letter to your friend that tells them how much you care about them | Texting your friend a compliment |
| Starting a kindness journal in a new notebook | |
| Inviting someone that you don't usually play with to play a boardgame with you and your friends | |
| Telling your teacher that you saw someone being bullied at recess | |
| Letting someone else have a turn on the swing that you've been playing on | |
| Asking your friend if you can play with one of their toys | |

Kindness news: this just in!

In this kindness activity, you will work in your group of three to create a one- to two-minute news story on kindness. Follow the steps below before you start filming.

Preparation

1. Work together to come up with a fictional or true story about someone in your group spreading kindness in your community, online, at home, or at school. Once you have come to a decision, write a brief description of the kindness story your mock news station will cover below:

Our news story is about:

2. Next, identify who in your team will play the role of the Anchor, Interviewee and Videographer:
 - Anchor (the host of the news station)
 - Interviewee (a person being interviewed for the news story. They can be a witness to the event or the person who the story is about)
 - Videographer (the person that films the news segment)
3. After deciding on your story and identifying team roles, it's now time to write your script. To help develop the script for your news segment follow the prompts below:
 - As a group, determine the main point of your story. This should be the most important part of the story and will start your news segment. For example:

Anchor: *This just in! A local girl named Mallory handmade Valentine's Day cards for everyone in her school.*

- Next, decide who will be interviewed and why. For example:

Anchor: *We are joined in the studio by Mallory, who will tell us more about why she decided to make so many Valentine's Day cards.*

Interviewee: *I decided to make Valentine's Day cards for everyone this year to make sure that every student received one and no one was left out.*

- Determine a list of one to three questions to ask the interviewee about their story. For example:

Anchor: *Have you ever not received a Valentine's Day card? If so, how did that make you feel?*

Interviewee: *Yes, when I was in grade 3, I didn't receive any Valentine's Day cards and it made me feel sad and lonely. I decided to make cards for everyone to spread kindness and to make sure that no one felt sad or left out.*

- Develop your closing statement. This statement should leave viewers with an inspiring message about spreading kindness. Include two or more words from the 'Match the word' game to strengthen your message.

Anchor: *Mallory's story is an example of inclusion and generosity and shows the importance of spreading kindness.*

4. As a group, determine if you need to use or make any props for your news segment. These may include a fake microphone, a drawing of the kindness story, or a mock news poster for your desk.

5. Get filming!