

Lesson Two – ‘Acts of Kindness’

CREATIVE ACTIVITY – DRAWING

Lesson Intention:

The Kevin Love Fund Curriculum helps students build a toolkit of skills that will bring a greater sense of connection to their classmates and community. Research on emotions has consistently found that when we have compassion for others, and when we put that compassion into action by being kind, it increases our own feelings of well-being. In this lesson, students practice an act of kindness, and they discover that kindness has a dual purpose – it benefits others while also improving their own level of happiness and satisfaction.

Learning Goals:

- Recognize that kindness to others is linked to increased happiness and well-being.
- Build connections within the community by bringing joy to others.

Materials for Lesson:

- [Lesson PowerPoint](#)
- [Lesson Plan PDF](#)

Prior to Teaching this Lesson:

1. Find an organization, school, or another classroom within your own school where your students can share their drawing.
2. Have paper, markers, crayons, colored pencils or paint available for students.

Lesson Plan:

Display the 'welcome slide' from the Lesson 2 PowerPoint as you begin.

**Slide 1*

- As discussed in the teacher training, remember to make the suggested language below authentic to yourself, meaningful for your students, and tailored to your students' age group.

Launching the Lesson:

**Slide 2*

- Explain that doing something kind for someone else can make the person who is being kind feel happy too.

Example of What You Could Say:

"We have been thinking a lot about emotions and learning some new tools that will help us to feel more joy and connection with others in our lives. Today, I am excited to share something new with you, and it is an idea that may feel a little bit surprising at first. When you are kind to other people, it actually makes you feel happier too!

Can you think of a time when you were kind to someone else? Maybe you helped a friend when they hurt themselves on the playground, made a card for someone in your family, or helped a sibling or parent clean up at home. Often times, when we do something nice for someone else, it makes us feel happier too. Has anyone ever noticed that? Does anyone want to share a time when they were kind to someone else and how it felt?"

Notes on What You Plan to Say:

Introducing the Creative Activity:

- The educator will introduce the idea that the class is going to do a creative activity together as an act of kindness.

Example of What You Could Say:

"Thank you so much for sharing some examples. We are going to do something together as a class now that will help to bring happiness to the people around us in our school and community."

Notes on What You Plan to Say:

Creative Activity:

*Slide 3

- Select a group from your school or community who will receive the students' drawings (for example, another classroom, another school, a local fire station, hospital or senior citizen center).
- Share with your students the group you have chosen to receive these drawings before they create their art.

Example of What You Could Say:

"Today we are going to do an activity together, an act of kindness. We are going to create drawings and send or bring them to (*share where you will send or bring the drawings*). Our hope is that when people see our drawings, it will brighten their day.

I want to share a drawing that I made. (*Show students your drawing*). My hope when I make this drawing is that when someone sees it, my drawing brings them joy. I notice that when I do something nice for someone else, it really does make me happier too. Can you think of a picture you would want to draw that would bring a smile to someone's face when they look at it?" (*answers may be: butterfly, smiley face, heart, flower, etc. – write these examples for students to see on the board*).

These are all wonderful ideas! Let's take 15 minutes to draw our pictures. If you would like to write words along with your drawing, you could do that as well."

- Students draw for 15 minutes – perhaps play music while they create their art.

Notes on What You Plan to Say:

Lesson Closure:

- Invite students to share their drawings with the class.
- Gather the art to bring to the intended recipients or organize your students to bring their drawings to another classroom.
- Ask students how it felt for them to do this classroom activity.

Example of What You Could Say:

"Would anyone want to share their drawing?"

We are gathering your drawings to give to (*community center, hospital, fire department, etc*). I know that each time they look at your art, it will bring a smile to their face and brighten their day.

How did it feel to make this art with the purpose of giving it to someone else to make their day better? (*Give students a minute or to answer, then after the students share, add...*)

Is this something we think we can do more throughout our lives? We can do simple things every day. It's as easy as holding a door open for someone, giving a genuine compliment to a teacher or friend, or saying hi to someone who seems like they are feeling down.

And remember: doing these kind things makes us feel good too! And when we work together as a group, we can have an even bigger impact on the world around us."

Additional Activities for Upper Elementary Students:

1. Put **POSITIVE WORDS** on post-its or **UPLIFTING QUOTES** on sheets of paper. Place them on the walls around the classroom, school, or a community center.
2. Play [this video](#) of high school student Shreya Patel, who describes the inspiration behind the organization she and her sister created called Letters Against Isolation. They wrote letters to help ease loneliness in senior citizens. After the video, reflect on how uplifting it can feel to be kind, and then have students **WRITE LETTERS** to an organization of their choosing or to the [Letters Against Isolation non-profit organization](#).