



Rio Grande Educational Collaborative

Before and After School Program Lesson Plan

TITLE OF LESSON: Kindness and Gratitude Game

DATE:

SITE NAME:

CLASS SIZE:

NAME(S) OF INSTRUCTOR:

DURATION OF LESSON:

CREDIT (website used):

STANDARDS: (SEL Standard) Collaboration 4A. Students demonstrate communication skills.

CASEL Standard: Relationship skills

LEARNING OBJECTIVES:

Students will understand the following:

- Students will be able to define and describe kindness.
- Students will be able to identify ways to show gratitude.
- Students will be able to express kindness to others.

ACTIVITY:

Instructional Sequence:

(Step by step instructions, should another instructor pick up and teach the lesson successfully)

1. Share the quote below with students and ask them what they think it means "Kindness is in our power, even when fondness is not." -Samuel Johnson
2. Ask students how they define kindness. Kindness means being friendly, generous or considerate to ourselves and others through our thoughts, words and actions.
3. Next, ask students how they define gratitude: What is gratitude? Gratitude means being thankful for and appreciating what you have and those around you.
4. Now, ask how is gratitude connected to showing kindness? Do they think there is a connection? Why or why not? Invite students to share examples/experiences.
5. Instruct students that we all will be playing a game. The game has 3 rounds. We will be tossing a ball around the circle-make sure to throw it to someone that has not yet received it AND each round you need to throw it to someone different.

Round 1

When you throw the ball, say something kind about the person you are throwing the ball to. Make sure everyone gets a turn and to use a complete sentence.

Students may benefit from some scaffolding. Let them know their compliments should be about the person's character or something they've done or said in the past. It can also be about something that makes them a kind person.

Examples:

- Mary was kind when she opened the door for me this morning.
- Sam shows kindness when he helps me with a problem that I don't understand.
- I appreciate Damien's willingness to speak up when people are saying mean things-that shows courage.

Round 2

Now we are going to play the game another way. When you throw the ball to someone else, say something kind about yourself. It could be something you're good at, something you like about yourself or something you've worked hard to achieve. Give them a moment to think about what they will say. Make sure everyone gets a turn and to use a complete sentence.

Be ready to demonstrate this-have something to share about yourself. Example: A strength of mine is positivity-I work hard at being optimistic.

Round 3

For the last round, you are going to share someone or something you're grateful or thankful for. Give them a moment to think of an answer.

Process questions:

- What are some of the caring things you said to others or yourself?
- How did you feel when someone said something kind about you?
- How did you feel when you said something kind about someone else?
- Do you think being grateful or thankful is important? Why or why not?
- How often do we stop and recognize others? What keeps us from doing so?

MATERIALS:

The following materials or equipment needed for this lesson:

(Include special equipment request)

- Ball (or soft object to toss)
- _____
- _____
- _____

SIGNATURE: _____ **DATE:** _____

SITE SUPERVISOR'S SIGNATURE: _____ **DATE:** _____

INSTRUCTOR'S REFLECTION:

Reflection on the lesson given:

1. How many students participated in the lesson given? _____
2. Name(s) of instructors participated. _____
3. How long did your lesson take? (Amount of time) _____
4. How did the students feel about the lesson? _____
5. Did the students like the lesson? _____
6. What part of the lesson did the students like? _____

7. What part of the lesson did the students not like? _____

8. Were the students interested in the topic of the lesson? _____
9. Was the content of the lesson difficult for the students? _____
10. What could you have changed to make the lesson interesting? _____

11. Did you have any trouble getting your lesson together? (Idea & Materials) _____

12. How do you rate your lesson? (1-10) Why? _____

SITE SUPERVISOR'S REFLECTION:

Reflection on the instructor's lesson:

1. How many students participated in lesson? _____
2. How many instructors participated in lesson? _____
3. Did the students enjoy the lesson? _____
4. What part did the students enjoy? _____

5. What part did the students NOT enjoy? _____

6. What could have been changed to make the lesson interesting? _____

7. Was the content of this lesson difficult for students to understand? Why? _____

8. What part of STEAM or literacy was used? (Science, Technology, Engineering, Art, Mathematics or Literacy)

9. Comments: _____

