“Kindness Challenge” Lesson Plan
Kindergarten - Grade 5

HoneyFoundation.Org
Take The Honey Foundation “Kindness Challenge”

The Honey Foundation is working to make the world a better place by creating a worldwide community of connected individuals who value and promote giving, compassion, and kindness. Our mission is to encourage individuals to perform Random Acts of Kindness to help make a positive difference in their community. Inspire, energize, and motivate your students by sponsoring a “Kindness Challenge” in your school.

Benefits of The Kindness Challenge for your School:

- Teach children to strive to make positive changes in their community
- Reduce bullying and encourage support for other students
- Demonstrate a commitment to your local community
Introducing Random Acts of Kindness

Introduce the concept of “Random Acts of Kindness.”

Topics for discussion:

- Why are RAKs important? What is their effect?
- How do RAKs make the recipients feel?
- Has anyone ever done something for you anonymously, without expecting something in return?
- Help the students come up with ideas for RAKs they can do for someone in their family and ask them to do an easy one that evening.

Ideas for acts of kindness:

- Help a parent with a household chore
- Clean their room without being asked
- Tell a parent they love them

On Day 2, go around the classroom and have each student describe what RAK they completed.

Materials Needed:
None
The Manners Game

1. Divide students into groups of five or six

2. Say “Now we are going to play a manners game. I am going to say something and I want you to think about what polite word you would say. If you think it is please, go to the sign in that corner of the room. If it is thank you, go to that corner. If it is You’re welcome, go to that corner. And if it is I’m sorry, go to that corner. The groups will take turns walking to the correct sign.”

3. Say phrases like:
   a. You want to go to your friend’s house. What polite word would you use to ask your mom?
   b. A friend gives you a birthday present. What would you say to her to be polite?
   c. By accident you knock over a younger child. What would you say to that person?
   d. Your brother thanks you for helping him pick up his toys. What would you say to him?
   e. Your sister returns your favorite book. What do you say to her?
   f. Your friend helps you with your homework. What do you say to him?

Play as many rounds as you like, until you think the students get the idea. Give each group two chances to respond to the word.

Discussion: Ask “What are some ways to be polite to others? When people are polite to you, how does that make you feel?”

Summary: “Today we talked about why it is important to say please, thank you, and other polite words. This week, let’s try to use these words when we talk to people!”

Materials Needed: None
The Kindness Game

Tell students you are going to talk about ways we can be kind to ourselves and others. Ask students if they can give an example of something kind they have done or seen recently.

1. Divide students into groups of 4-6 and have them stand in a circle
2. Ask students to throw the ball to another student. When the throw the ball they are to say something kind about the person they throw to. Make sure everyone gets a turn.
3. Play several rounds, and encourage students to go faster every time.
4. Next, tell the students you are going to play again, but this time the rules are a little different. They are to throw the ball to another student in their group, but this time when they throw they are to say something nice about themselves, or something they are thankful for.
5. Again, play several rounds to ensure each student gets a turn.
6. When finished, ask the following questions:
   a. Was it easier to say something kind about someone else or about yourself?
   b. How did you feel when someone said something nice about you?
   c. How did you feel when you said something kind about someone else?
7. Summarize the activity as follows: “Today we talked about ways we can be kind to ourselves and others, and to be thankful for what we have. Acts of kindness can be big or small, but they make a big difference to the people around you.

Materials Needed:

One tennis ball or other ball for each group
Create an Alphabet Kindness Book

1. Assign each child a letter of the alphabet.
2. Have each child write a sentence describing a random act of kindness idea, using their letter to start the sentence. For example:
   - (A) Acted kind to someone on the playground.
   - (B) Brought my dirty clothes to the laundry room.
   - (C) Carried grocery bags for a parent or other grownup who needs help
3. Next, have the child draw a picture that illustrates the kindness described in their letter sentence.
4. Mount each child’s picture and sentence on construction paper and bind it to make a book!

Materials Needed:
- Paper
- Pencil
- Crayons
- Construction paper

Day 4
Day 5

The Kindness Tree

Start a kindness tree that will be displayed during the remainder of the school year. Draw a large, bare tree on a bulletin board, or staple up a printed tree. Whenever you hear the students using kind words or doing kind deeds, write it on a paper “leaf” to place on the tree. Hopefully you will have a tree full of kindness before the end of the school year.

Materials Needed:

Drawing of Kindness Tree, prominently displayed in the classroom
Getting started promoting Random Acts of Kindness is Easy with The Honey Foundation “Kindness Challenge”!

Teach children to make positive changes in their community through Random Acts of Kindness by sponsoring a Kindness Challenge in your school

**Here’s How to Get Started:**

The Kindness Challenge is a grassroots effort—and it all starts when YOU, the Sponsor (who can be a Teacher, Principal, District, Parent Group, or Student) creates a FREE account at www.honeyfoundation.org

1. Visit www.honeyfoundation.org to create your own FREE account – it only takes a minute!

2. Once you’re signed up, start spreading the news by printing free Random Acts of Kindness stickers and giving them out to your Students, and encourage these Students to create their own Honey Foundation accounts. Students can then connect with others and track their good deeds as a group, making generosity fun as students watch their good deeds spread.

3. Use the free Kindness Challenge Lesson Plan to kick off the campaign with a Kindness Week at your school, with classroom activities designed to educate students about the benefits of actively making random acts of kindness a part of their life. To support the campaign and encourage participation, you can:
   - Announce and promote awareness of the Kindness Challenge in your classroom, at student assemblies, sporting and other school events, in newsletters and other student communications.
   - Get the entire school district and Parent/Teacher organizations involved.
   - Send a letter to parents asking for their support.

After introducing the campaign during Kindness Week, continue to support Random Acts of Kindness with ongoing results tracking and program communications.
4. Encourage students to start doing good deeds for others in your community. Each time they complete a deed, they should give the recipient one of their honey bee stickers. Each sticker they give out will have instructions for the recipient to go online and register the good deed. Each registered deed is entered into the Honey Foundation’s database, where good deeds are tracked and displayed by user and location.

5. Register and track your good deeds. With their unique Honeybee ID, students will be able to see how many deeds they’ve completed, as well as browse through the other good deeds that their fellow students are completing throughout the community. There’s nothing better than competing for the sake of bettering the world.

Thank You for making the world a better place by encouraging Random Acts of Kindness.

Visit www.honeyfoundation.org to sign up for your FREE HoneyBee ID, print or order supplies to spread the word, and start making the world a sweeter place.