

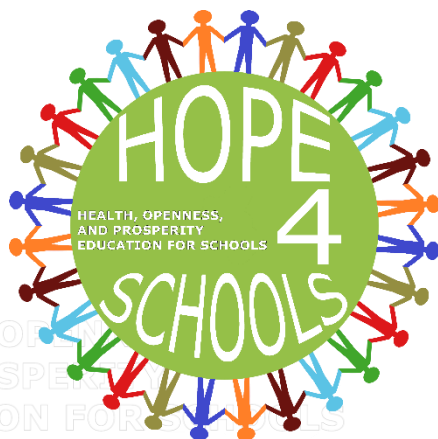


GREEK MINISTRY OF EDUCATION
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REGIONAL DIRECTORATE OF PRIMARY
AND SECONDARY EDUCATION
OF WESTERN MACEDONIA



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Kindness: A Lesson Plan



HEALTH, OPENNESS,
AND PROSPERITY
EDUCATION FOR SCHOOLS

HOPE4schools

Health, openness, and prosperity education for schools

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Classroom activities and resources for developing a vital character trait

As the Greek philosopher Aristotle supposedly said, “Educating the mind without educating the heart is no education at all.” Here are some activities to practice kindness intentionally in our classrooms and schools more routinely.

KICK-START KINDNESS: ACTIVITIES

1. Good Things

This activity takes less than five minutes but is a surefire way to set a positive and caring tone for the class period or day. Ask each student to respond to their neighbor using one of these talking stems: “One good thing in my life is. . . .” or “Something good that happened is. . . .” Tell the students that their ‘thing’ can be big or small; for example, last night they had pizza for dinner, or someone got a pet turtle, or just passed their driver’s test. Once they have shared their thoughts with an elbow partner, ask for volunteers to share their own or their neighbor’s ‘good thing’. This is an opportunity for students to share their lives and also be celebrated and affirmed by their teacher and classmates.



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2. Buddy Up

Depending on the age of students you teach, you (and your students) can create a clever, appropriate title for this activity (for example: wingman/woman, copilot, collaborator, colleague). Partner them up; they are in charge of helping each other. Miss a day of class? Your partner will get handouts and information for you. Don't understand something? Consult first with your pal, then the teacher. This one-on-one collaboration and support builds community in the classroom and sends a message that students are trusted and capable of assisting each other. Let students self-select sometimes; at other times, you select the partners. Change partners every week, every other week, or once a month—you decide.



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