



Lesson Twelve

Cross-Curricular Activities and Resources:

- 1. Math: Kindness Tally & Bar Graph-** Have students track acts of kindness in the classroom for one day using tally marks on a chart. Each time someone observes a kind action (e.g., sharing, complementing, helping), they add a tally. At the end of the day, convert the tallies into a bar graph. As a class, reflect on which types of kind acts were most common—and brainstorm others that might be underused but meaningful.
- 2. Science: The Ripple Effect in Water-** Demonstrate the ripple effect using a bowl of water and small objects like pebbles. Drop one in and ask students to observe how the waves spread. Then try dropping two pebbles and observe the overlapping ripples. Link the visual to how kindness spreads through actions and words. Ask: “What happens when more than one person spreads kindness at the same time?”
- 3. Language Arts: Compliment Circle Writing-** Have each student choose a peer and write them a kind note or compliment. Offer sentence starters such as: “I notice you are...” or “One thing I admire about you is...” Model how to use specific language and avoid vague praise. After writing, read the compliments aloud or privately deliver them. Then reflect as a group: How did it feel to give and receive kind words?
- 4. Physical Education: Kindness Tag-** Play a modified tag game where instead of being “out,” a tagged player must give a kind gesture (like a high five or thumbs-up) before returning to the game. Incorporate gestures that are safe and inclusive, and offer alternatives like “air high fives” or “kindness waves.” After the game, discuss how movement and kind interactions helped energize the group and build community.
- 5. Art: Ripple of Kindness Collage-** Give students paper circles and invite them to draw or write a kind action they’ve done or received. Then glue all the circles together in an overlapping ripple pattern on a bulletin board titled “Our Kindness Ripple.” As the ripple grows, reflect on how small moments of caring connect to form a community of compassion.