



Lesson Eight

In this lesson, students learn about kindness and how it makes us feel. The lesson begins with a “Kindness Bucket” full of kind actions like giving a smile or saying thank you. Students explore how small acts of kindness can make a big difference. Through a game, students take turns giving compliments to a classmate and reflecting on how it feels to give and receive kindness. The lesson ends with a discussion about the many ways we can be kind every day.

At Home Practice: 🧡 Family Kindness Challenge!

Let’s fill our home with kindness—one day at a time!

1. 📅 Hang your Kindness Calendar in the kitchen or another spot everyone can see. Decorate it any way you’d like!
2. 🖍️ Keep some markers, crayons, or stickers nearby.
3. 🤝 Make a kindness promise together: Each day, we’ll do one kind thing—at school, at work, at home, or anywhere we go!
4. 🌙 Each night before bed, take turns sharing what kind thing you each did.
5. 🖍️ Mark the day on the calendar! You can draw a heart, write a word, or add a fun sticker to celebrate your kindness.
6. 📅 Keep it going for a whole month—and if you love it, keep the kindness rolling all year long!

Kindness is contagious—let’s spread it together! ✨

