



Lesson Eight

Cross-Curricular Activities and Resources:

- 1. Math: A Month of Kindness** - Make copies of a calendar page for the current month and distribute them to students. Encourage students to do an act of kindness each day of the month. Students can use the calendar page to keep track of their progress. They can make an X on each day they complete their mission. At the end of the month, help them add up their kindness acts.
- 2. Art: Act of Kindness** - Give students art supplies and ask them to draw one way that they helped a person or an animal today. Remind students that the person they helped can be themselves—self-care is one way to be kind.
- 3. Language Arts: Kindness Slogans** - Print out or write kind slogans on sheets of paper. Examples of slogans might be *Have a nice day!* or *Thinking of you!* Fold each paper in half to make a card. Have students draw pictures on the cards, then distribute the cards to a group of your choice, such as residents at a local nursing home, or other helpers in the building.
- 4. Music: Compare Sounds** - Give students shakers, bells, and rhythm sticks. Ask them to make an angry sound, then have them make a sound that represents kindness. Talk about how the different sounds made them feel.
- 5. Physical Education: Pass the Hoop** - Help students practice cooperative skills. Place them in a circle and ask them to hold hands. Put a hoop over the linked hands of one pair of students in the circle. Tell the group to try to move the hoop around the circle without letting go of their neighbor's hand.