



Lesson Plan 1 : The Power of Kindness

Level: Primary - this lesson can be adapted for KS1 or KS2.

Objective: To understand that kindness is powerful and that a little bit of kindness can make a big difference.

Resources needed Kindness is Powerful activity sheet, Positive Words sheet.

Intro.

- Display the statement 'kindness is powerful' on the whiteboard.
- Ask the children for their thoughts: 'What do you think this means?'; 'How is kindness powerful?'
- Now explore some examples of kindness, ask the children 'When was the last time someone was kind to you?' and 'How did you feel when they were kind to you?'
- Discuss how small acts of kindness can have a big effect! (You might like to give an example of your own to show how a small act of kindness can help to change your whole day).
- Ask the children to think of one small thing they could do to be kind today. They can share with a partner or with the class. Examples might include: let someone go first in the line, say thank you to dinner staff, share toys with my sister, give someone a smile, help lay table for dinner, ask someone if they would like to play with me etc.
- Explain that, 'These little acts of kindness can have a lot of power and make a big difference. This means that at any time, you can be a kindness superhero!'

Activity Children to complete the Kindness is Powerful activity sheet. Children will design a superhero outfit, compose a superhero motto and then list 5 things they could do to be a kindness superhero today. (You might need to guide the children to help them think of a good motto such as 'super cool, super kind!')

Plenary

- Explain how some scientists think that getting into a superhero pose can actually help you to feel more confident. Ask children to stand up and get into a superhero pose - feet apart and firmly on the floor, knees soft, chin up, eyes looking to the sky, chest open, one arm pointing up! Remind them that with a bit of kindness they have the power to change the world!
- Remind the children that although it is powerful, kindness can be very simple - maybe a smile or a nice compliment.
- Display some sentence starters for compliments on the white board. (The **Positive Words** sheet has lots of ideas you can use.)
Examples might include:
You are (creative/imaginative/good at sharing/kind/funny/a good friend)
You help me feel (happy, cheerful)
I really like the way you... (always try your best/ask lots of questions in lessons)
I really like your.... (smile/good ideas)
- Can the children complete them to make lovely compliments that they could give to someone in the class? Ask the children to turn to a partner and choose one compliment to give them with a smile.

Extensions At the end of the week you could ask children to review whether they completed their 5 acts of kindness.
You might like to display positive words and compliments around the classroom to help children to continue using positive language.