



## Lesson Plan 3: Famous quotes

Do your little bit of good where you are;  
it's those little bits of good put  
together that overwhelm the world."  
– Desmond Tutu

What do these words mean to you?

What do you think he means when he says 'overwhelm the world'?

What little bit of good might you do today?



## Lesson Plan 3: Famous quotes

**"If you want others to be happy,  
practise kindness. If you want to be  
happy, practise kindness."  
- The Dalai Lama\***

What do these words mean for you?

How do you feel when you are kind to someone else?

How do you feel when someone is kind to you?

(\*The Dalai Lama uses the word 'compassion' which means kindness)



## Lesson Plan 3: Famous quotes

**"Be kind to yourself then let your  
kindness flood the world!"  
- Pema Chodron**

What do these words mean for you?

Why is it important to be kind to yourself?

In what ways might you be kind to yourself today?



## Lesson Plan 3: Famous quotes

**“No act of kindness is ever wasted.”  
- Aesop (ancient Greek storyteller)**

What do these words mean for you?

Do you think being kind is ever a waste?

Can you think of one small act of kindness that's made a difference to you?



## Lesson Plan 3: Famous quotes

**"Be the change you want to see in the world."  
- Muhatma Ghandi**

What do these words mean to you?

There are lots of wonderful things about the world  
but are there any changes you would like to see?

What kind of things could you do to help create a happy world?



## Lesson Plan 3: Famous quotes

**“If you want to lift yourself up, lift  
someone else up.”  
– Booker T. Washington**

What do these words mean for you?

What do you think he means by 'lift yourself up'?

How could you lift someone else up today?



## Lesson Plan 3: Famous quotes

**“Be the rainbow in someone else's cloud.”  
– Maya Angelou**

What do these words mean for you?

How might you be a 'rainbow in someone else's cloud'?



## Lesson Plan 3: Famous quotes

**“Never look down on anybody unless  
you’re helping them up.”  
- Jesse Jackson**

What does this quote mean for you?

What do you think it means to 'look down' on somebody?

How could you help someone today?





## Lesson Plan 3: Famous quotes

**"Kindness is like a boomerang:  
it always returns."  
- Unknown**

What do you think this means?

In what ways might kindness return?

Can you think of an example?



## Lesson Plan 3: Famous quotes

**"I think probably kindness  
is my number one attribute in a human being.  
I'll put it before any of the things like courage  
or bravery or generosity or anything else."  
- Roald Dahl**

What do you think he means?

An attribute is a characteristic. Do you agree that kindness is the most important characteristic that a person can have?

Why is kindness important?



## Lesson Plan 3: Famous quotes

"Kind words can be short and easy to speak,  
but their echoes are truly endless."  
- Mother Theresa

What do these words mean for you?

In what ways do kind words echo?

Can you think of some kind words you could use today?