Lesson Plan 4: How kindness spreads from one person to another

Level:	Primary – this lesson can be adapted for KS1 or KS2
Objective:	To understand how kindness spreads from one person to another.
Resources needed	Large container of water (such as a washing up bowl) and a small pebble or other small object, cartoon strip template sheet.
Intro.	• Sit in a circle. In the centre of the circle have the large container of water. • Tell the children that you are going to drop a pebble into water and ask them what they think they will see. Watch as ripples spread out when you drop the pebble. You can also ask children to come and dip their finger in the water as this will create ripples too. • In the bowl, the ripples spread to the edge of the bowl. But what would happen if the bowl was bigger? Ask the children if they've ever thrown a pebble into a lake? Discuss how in a lake, the ripples can spread out further than you can see! • Explain that kindness spreads in the same way as the ripples. This is because when you are kind to someone it makes them want to be kind to someone else. This is called 'the ripple effect'. • Because of the ripple effect, one act of kindness can spread really far!
Activity	• Tell the children that they are going to create a cartoon strip to show a chain reaction of kindness. * • Together create the beginning of a cartoon strip on the board. For eg. In the first box, Sam drops his shopping so Frida picks it up. In the next box, Sam is happy so smiles at the Sarah, the cashier in the shop. Then Sarah is cheered up so compliments the next customer, Jody etc. • Prompt children to think about where they might set their cartoon? Maybe in the classroom or playground? What things could the characters do to be kind? • Children to get into pairs to create their cartoon. * Alternatively, children could act out a chain of kindness in groups to share with the class. For this alternative you could give each group a different location for their drama such as in a shop, in the playground, in the classroom, at home, at the park.
Plenary	Return to sit in a circle. Discuss one act of kindness that the children could do during the week to start their own kindness wave! Go round the circle and create a 'Mexican' wave. Your kindness can spread like this wave. Imagine all the kindness you can create!
Extensions	KS2 children can try the Kindness True/False activity which is a great way to reflect on everything they've learnt about kindness. Hold up the statements and ask children to decide whether they think they are true/false. They can discuss with a partner and vote by holding up their hands to make a 'T' for true, or a 'X' for false. Discuss their thoughts and responses as a class. Remember, these are discussion prompts, there are no right or wrong answers. Finish by reflecting on the power of kindness and on what a lot of kindness there is in the classroom!

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