

PreK – 2nd Grade

Advocates for Kindness



National Health Education Standards

- Demonstrate how to communicate kindness, empathy, compassion, and care toward others. (4.2.6)

Oklahoma Health Standards

- Identify the characteristics of healthy family and peer relationships. (1.HR.2.2)
- Encourage peers to make positive health choices. (8.AD.2.2)



Health Behavior Outcomes

- Mental and Emotional Health
 - Show acceptance of difference in others. (HBO 7)

Lesson Objectives

By the end of this lesson students will be able to:

- Identify kind actions.
- Define kindness.
- Practice advocacy skills that will encourage peers to practice kindness to create a safe school environment.

Overview

- The Advocates for Kindness Campaign is to empower students to identify and practice kindness.
- Students will learn different types of kind actions and ways they can identify and encourage these actions.
- Students will participate in activities to promote friendships.

Step 1: Introduction Video

<https://www.youtube.com/watch?v=pyBoQiKfLac>

- Watch the video by yourself or with your class.

Step 2: Kindness Chain

- Materials needed:
 - Kindness Chain strips (PDF template provided)
 - Scissors
 - Glue or tape
 - Markers

- Instructions

Step 1: Print Kindness Chain template.

Step 2: Give each student 1 - 2 Kindness Chain strips

Step 3: Discuss kindness as a class

- Kindness is a way of showing love and respect to others by being friendly, considerate, and helpful.



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It involves treating people with care and empathy, and doing things that make others feel happy and supported without expecting anything in return.

- As an option, you can show this [video](#) about kindness to your class.

Step 4: Have students write or draw kind things they've done or seen about others in their class or in their school.

Step 5: Use tape or glue to link the Kindness strips into a paper chain.

Step 6: Discuss with students how kindness creates a chain reaction.

- A chain reaction is when one action starts the movement of another action, like dominoes knocking each other over.
- A kindness chain reaction is when someone does something nice for someone and then that person chooses to do something nice for someone else.

Step 7: Once all strips have been added to the Kindness chain, hang the chain in your classroom so that additional links can be added for future kind actions.

Step 3: Create a book about kindness

- Materials
 - Kindness Book (PDF template provided)
 - Writing or drawing utensil
- Steps:
 - Step 1: Print kindness book template and staple pages together down the middle.
 - Step 2: Read each page of the book to the class.
 - Step 3: Students will write or draw on each page.
 - Step 4: Students will take the Kindness book home to share with their family.

Step 4: Complete the survey to receive an incentive for your class!

References: *Kindness Activities for Kids | Empathy = A Chain Reaction*. EDMO. (n.d.). <https://edmo.org/blog-posts/kindness-activities-for-kids-empathy-a-chain-reaction>



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