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# LESSON PLAN:

## KINDNESS & THE ART OF COMPLIMENTS


PAGE 1 OF 2

NAME	GRADE	DATE
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**OBJECTIVE**

Students will understand the concept of kindness and learn the art of giving compliments to foster a positive and supportive classroom environment.

**MATERIALS**

1. Whiteboard and markers (optional)
2. Pencils/crayons/markers, scissors and glue
3. Construction paper OR  **download our “[Bunches of Kindness](#)” printable to dive into the activities!**

**INTRODUCTION**

- 1. Setting the Tone (5 minutes):** In a warm and inviting atmosphere, discuss with your students the idea that our classroom is like a second home, where everyone is part of a big family. Emphasize that just like families care for each other, our classroom community thrives when we show kindness to one another.
- 2. Why Kindness Matters (5 minutes):** Introduce the concept of kindness by explaining that it means being nice, helpful, and caring towards others. Share simple examples relevant to their daily lives, such as helping a friend pick up dropped crayons or saying kind words when someone is feeling sad. Highlight how kindness makes everyone feel happy and valued.
- 3. The Power of Compliments (5 minutes):** Transition into the idea of giving compliments by describing them as special words that make others feel good. Demonstrate the impact of a genuine compliment by using relatable scenarios, like complimenting a friend's drawing or thanking someone for sharing toys. Explain that heart-felt compliments are like magic words that spread happiness.
- 4. Building Each Other Up (5 minutes):** Introduce the phrase "building each other up" and explain that when we say nice things and give compliments, we are like builders constructing a strong and happy classroom. Share a simple analogy of how each compliment adds a brick to our "kindness castle," making it even more wonderful. Emphasize that together, they can create a supportive and uplifting environment.

By combining the ideas of kindness, the power of compliments, and the concept of "building each other up," the students will have a foundational understanding of why these aspects are essential for a harmonious and positive classroom experience.





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PAGE 2 OF 2

### ACTIVITY

#### **Activity 1: Kindness Circle (20 minutes):**

1. Arrange students in a circle and explain the Kindness Circle activity. Each student will take turns sharing one kind thing about the person on their right.
2. Encourage genuine compliments and guide students in using positive and uplifting language.

#### **Activity 2: Compliment Flowers (25 minutes, once prepped):**

1. Provide each student with construction paper, scissors, and glue.
2. Instruct them to create a flower using the construction paper. This will be their "Compliment Flower."
3. On each petal, have the other students write a compliment for their classmate. Emphasize the importance of specific and positive language.

#### **Activity 3: Bulletin Board Display (15 minutes):**

1. Assist students in attaching their compliment flowers to a shared bulletin board.
2. Create a title for the display, such as "Bunches of Kindness" and discuss how the bulletin board will serve as a visual reminder of the kind words shared among classmates.



Quickly dive into these activities with our **"Bunches of Kindness"** printables where most of the set-up work is done for you!

### CONCLUSION

Gather students and review what they learned about kindness and giving compliments. How did it feel to receive a compliment? How did it feel to give a compliment? Reinforce the idea that small acts of kindness can make a big difference in creating a happy and supportive classroom.

### HOMEWORK

Ask students to share a compliment with a family member or friend and report back on their experience the next day.

### ASSESSMENT

Observe students' participation in the Kindness Circle and the quality of compliments written on their compliment flowers. Use this information to assess their understanding of kindness and compliment giving.