

# Catch the Kindness

This lesson about Courage focuses on the courage to be kind to others by playing a fun game that showers others with kindness. Students will toss a beach ball to others, highlighting kind words and actions they have done depending on what the ball instructs them to do.

**Courage Sub-Concepts**

Kindness

**Lesson Timeframe**

45 minutes

**Required Materials**

- ☐ Blow Up Beach Ball
- ☐ Sharpie

Write the following phrases/pictures repeatedly on various sections of the beach ball (every section should have one phrase). You will need to repeat the phrases on multiple sections depending on the size of the ball.

*I like you because...*  
*One fun time we had together was... I*  
*saw you being kind when you...*

**Standards Map**

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

**Lesson Objective**

Students will be able to:

- Highlight kind words and actions that others have used through a kinesthetic activity.
- Explain how it takes courage to be kind to others.

**Teacher Connection/Self-Care**

It takes courage to be kind first, and without notice. This week, try to spread some kindness to your colleagues in small ways. A kind note, taking on recess duty, giving them a bathroom break- your choice.

**Tips for Diverse Learners**

- Underinflate the ball to help students with large motor struggles participate in the game.
- Have a neighbor read the saying on the ball if the player cannot read yet.
- Draw pictures next to the phrases on the ball to help increase understanding.

**Share**

5-10 minutes

**Play “This or That”**

Line everyone up in the middle of the room. Explain that the right side of the room is THIS and the left side of the room is THAT. After every pair, students must choose between THIS or THAT. Make sure to point to the correlating side when reading each pair. Students must close their eyes, make a choice, and then walk over. Have the students return to the middle and read another pair.

### Do you prefer:

- Spaghetti OR Tacos
- The Playground OR The Park
- Dogs OR Cats
- Baking OR Drawing
- Math OR Reading

It takes courage to speak up about our preferences. When we do, we learn that others around us share our preferences as well!



## Inspire

### The Courage to Be Kind to Others

5 minutes

Review the explanation of Kindness to Others.

**Kindness to Others:** Sometimes it can be very difficult to treat others with kindness. You can be brave and use courage to focus your words and actions on kindness in any situation. Even if others are mean, you can choose to show courage through kindness. You may be surprised to see just how quickly others change when you shower them with kindness!

### Kindness Chart

5 minutes

Explain that using courage to be kind to others isn't always easy. Sometimes we are in situations when we don't feel like being kind. Maybe someone is being mean to us or excluding us. Maybe a teacher or parent has asked us to do something we don't really enjoy doing. Let's make a list of ways we can use our courage to respond with kindness even when we don't necessarily feel like it. When you step out with kindness, your whole attitude changes!

Make a T-chart and label one side KIDS and the other side ADULTS. As a class, brainstorm ways to show kindness to others, specifically with other children and then again with adults. Examples: use kind words when telling someone you do not want to play, complete a chore with a happy heart, etc.



## Empower

20 minutes

To practice using courage through kindness, the class will play a game called “Catch the Kindness”. Show the class the beach ball you have prepared. Explain that each section of the beach ball has a simple phrase or picture on it. Read each phrase aloud:

- I like you because... (picture of a smiley face)
- One fun time we had together was... (picture of two kids holding hands)
- I saw you being kind when you... (picture of an eye)

Starting with the teacher, each person will toss the ball to another student in the class. When you catch the ball, the section your thumb is touching is the section you must answer about the person that threw you the ball. Example: “Jasmine, one fun time we had together was when we played in the sand box!”. Demonstrate how to play by having a volunteer throw the ball to the teacher.

The person will then choose another student and throw the ball to them. Repeat the game until every student has had a turn catching the ball and highlighting something kind about the thrower.



## Reflect

5-10 minutes

At the end of the game, take some time to reflect on the activity as a class:

- How did it feel to receive words of kindness from someone else in the class?
- How did it feel to have their kind words spoken aloud in front of the entire class?

Although it is important to have courage through bravery and fearlessness, the ultimate example of courage is kindness. When you are able to show kindness to others regardless of how they are treating you or how well you may know them, the world slowly becomes a kinder place to be. Let’s spread kindness to others everywhere we go!



## Extension Ideas

- Consider making one six-sided paper cube for each student and writing the same phrases on each of the six sides. Send it home for extended play with loved ones!



DESIGNATED BY CASEL  
AS A RECOMMENDED  
PROGRAM FOR SOCIAL  
AND EMOTIONAL  
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>