

Random Acts of Kindness: Ninja Style!

This lesson on Courage focuses on the namesake of the entire organization: Random Acts of Kindness. The class will place quarters on the ground at recess for others to find as they head out to recess!

Courage Sub-Concepts

Kindness

Lesson Timeframe

45 minutes

Required Materials

- Bowl, bag of pebbles, water
- Sidewalk Chalk
- 1 roll of quarters (can use nickels or pennies if needed)
- Index cards
- Basic Art Supplies
- “Ordinary Mary’s Extraordinary Deed” by Emily Pearson
<https://youtu.be/-5ou2QWVpEk>

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:

- Complete a random act of kindness.
- Explain how it takes courage to be kind to others without recognition

Teacher Connection/Self-Care

You’re in the homestretch of the school year! This week, practice your Random Acts of Kindness with your support staff. They are the glue that keeps the school running smooth and it can be fun to surprise them as well.

Tips for Diverse Learners

- Encourage students to draw kind pictures if they struggle with writing.
- Write a sentence starter on the board for students to copy.
- Have students dictate their kind phrases while the teacher writes them down.
- Remind students to NOT write their names near these kind phrases; they are secret surprises for others!

**Share**

5-7 minutes

Using a bowl of water and a bag of small pebbles, explain how every act of kindness, even a small one, causes a ripple effect.

- Have the class gather around the bowl of water.
- Give each child one stone.
- Have each child share one act of kindness they have completed, dropping the stone into the bowl as they talk.
- Highlight how the stone causes small ripples, or waves in the water.

These ripples are the kindness flowing out from that person and into the rest of the world. When we are kind, we inspire others to have the courage to be kind as well!

- Repeat the activity with each student.

Note: Make sure your bowl is not too full or it will overflow with all of the stones by the end of the activity.



Inspire

What are Random Acts of Kindness?

12-15 minutes

Explain that a random act of kindness is a fun surprise of kindness given to someone else without them knowing it was you! These acts of kindness are not announced, not planned, and not rewarded. You are doing kind things for others just because you want someone else to feel good, not because you want anyone to notice you. Let's read about one girl's random act of kindness and how it spread through her town.

Read Aloud: "Ordinary Mary's Extraordinary Deed" by Emily Pearson

Read Aloud Link: [ORDINARY MARY'S EXTRAORDINARY DEED ...](#) (10 min)

This book helps illustrate how one random act of kindness can cause a chain reaction of kindness throughout your community! After reading the story ask the following:

- What random act of kindness happened at the beginning of the story?
- What is a random act of kindness?
- How does Mary's original random act of kindness spread?

If time permits, brainstorm some ways students can perform random acts of kindness in the classroom. Remember, it's the little things that count! Every small act of kindness helps to make our world a better place!



Empower

20 minutes

Today we will do our first random act of kindness together as a class. Explain that the class will randomly place quarters outside of the school for others to find, accompanied by a kind note. Note: if cost is an issue, you can use nickels/pennies instead.

Step 1:

Each student will write a simple kind note on an index card for someone to find. Use the sentence starter, "You have just received a RANDOM ACT OF KINDNESS! Smile and pass it on!" Students can add additional words and pictures to personalize it.

Step 2:

Go out to the playground, around the outside of the school, and down the street if desired and allow each student time to select where they want to leave their quarter and note. Using chalk, have them draw several circles outlining their quarter. They will then tape down their note next to the quarter. Remember: don't tell any of the other classes that it was our class that wrote the messages and left the money! Each random act of kindness is done without recognition. The goal is to spread kindness without anyone knowing it was you.



Reflect

5-10 minutes

Gather as a class in your circle time/community area. Review the following questions:

- How did it feel to write messages for the other students?
- How did it feel to go to recess and observe other people finding money and special notes?
- What should our next random act of kindness be?

Random Acts of Kindness are often contagious! It can be just as much fun giving a random act of kindness as it is to receive one. Keep your eyes open and be on the lookout for ways you can spread kindness daily. Your decision to give kindness to others might just inspire someone else to continue this kindness chain!



Extension Ideas

- Encourage students to complete one random act of kindness daily throughout the summer.
- At home, have families complete one RAK as a group. Have each student come back and report on what they did and how it felt!
- Invite each student to complete a RAK for someone in their home and report back on how it went.



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/>