

# Random Acts of Kindness

## Chalk Surprises

This is the final lesson in our Courage unit. It focuses on the namesake of the entire organization: Random Acts of Kindness. The class will use sidewalk chalk to write RAK notes on the playground for others to read as they head out to recess!

**Courage Sub-Concepts**

Kindness

**Lesson Timeframe**

45 minutes

**Required Materials**

- ☐ Sidewalk chalk
- ☐ Stencils
- ☐ *Kindness Counts* by Bryan Smith

**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 faces and pictures if they struggle with writing.
- Use stencils to help students write letters.
- 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 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?

15-20 minutes

Explain that a random act of kindness can be a fun surprise of kindness given to someone else without them ever 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. The trick to completing random acts of kindness is to not get caught.

**Read:** "Kindness Counts," by Bryan Smith

**Read Aloud Link:** [https://youtu.be/v\\_JGo\\_UkxRA?si=XUC5aKMsf5tFGKQ-](https://youtu.be/v_JGo_UkxRA?si=XUC5aKMsf5tFGKQ-)  
(9.5 min)

This book helps illustrate WHAT a random act of kindness is and some concrete examples of how children can perform them for others in everyday life. After reading the story ask the following:

- What random act of kindness happened to the family at the beginning of the story?
- What is a random act of kindness?
- What random acts of kindness does the boy complete?

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

15 minutes

Today we will do our first random act of kindness together as a class. Explain that the class will go out to the playground and write and/or draw kind words, phrases, and pictures for the other students to find during recess. As a class, brainstorm ideas on what to write or draw using chalk. Here are some Examples:

- Be Kind and Pass It On.
- You are important.
- Thank you for being you!
- Today is a great day.
- You are strong!

Remember: Don't tell any of the other classes that it was our class that wrote the messages! Each random act of kindness is done without recognition. The goal is to spread kindness without anyone knowing it was you.



## Reflect

5 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 children reading your messages?
- 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

- Random Acts of Kindness can and should be carried out beyond the classroom. As a class, create a T-chart and label the sections home and park. Brainstorm ideas for doing random acts of kindness in both locations. Encourage students to complete one random act of kindness daily throughout the summer.



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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/>