

Kindness Posters

This lesson will now invite students to think of ways to show courage by showing kindness and respect to their school environment through the creation of Kindness Posters that will be hung throughout the school.

Kindness Concept(s)

Courage, Kindness,

Lesson Timeframe

45 minutes

Required Materials

- ❑ “Kindness Week” by Tahiya Cooper
- ❑ Poster Supplies (Construction paper, art supplies, tape, etc.)

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.



**DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.**
See last page for details.

Lesson Objective

Students will:

- Discuss why taking care of our environment is actually a courageous act.
- Discuss ways to show courage toward our surrounding environment in particular ways.
- Create Kindness Posters to inspire others to take care of our environment

Teacher Connection/Self-Care

The end of the year can be hard- try a kindness tune up to keep spirits up. Start each school day with one specific gratitude for class. Open the floor for others to pipe in as well.

Tips for Diverse Learners

- Pre-arrange groups so that varying levels of ability are represented; it would be better not to let close friends work together to give students an opportunity to be inclusive with dynamic group pairings.
- Make sure students are going to be tasked with jobs they can perform; clear this with the cooperating teachers/staff first.



Share

5-7 minutes

Have you ever thought about the courage it takes to care for and show kindness to your stuff? It sounds kind of silly, right? I mean, it's just stuff. BUT! If you think about it, where did all this stuff come from? Look around our classroom. What do you see?

Invite student response.

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What if someone came into our classroom and took away all our tables, chairs, and desks? How would that make your job as a student harder?

What if someone came into our classroom and took away the Smartboard/dry erase board/black board? How would that make my job as a teacher harder?

What if someone came and took all of our playground equipment away? Or all of the gym equipment was gone; no balls, no ropes, no scooters. How would that change recess for us?



Inspire

7-10 minutes

What is Courage?

Courage means that you are brave when facing new or difficult circumstances. In this lesson, we are going to talk about Courage through Kindness to our School.

Kindness to Environment (School): Our school is a terrific place to learn each day. Why? Because each one of us does our part to keep it safe, happy, and welcoming every day. Your courageous choice to show kindness in how you care for the school by treating our materials kindly, respecting our space, and being safe on the playground are all ways that help make our school the wonderful learning environment we have today!

Sometimes we may not think about the impact of our actions and it takes courage to look honestly at how we treat our school. It can also be hard to not do something careless when our friends are acting careless. It takes a lot of courage to do the right and responsible thing when it comes to taking care of our school. Just because we don't own these items, doesn't mean we don't have a responsibility to take care of them!

Read: "Kindness Week" by Tahiya Cooper

Read Aloud Link: <https://youtu.be/7degnyPnSA0?si=RPaXfY4fKWaP7EUz>

Ask:

- How does Aniya use courage to show kindness in her school?
- What are some ways that you can be kind in our school?



Empower

10-12 minutes

To help everyone in our school remember to treat our space and our things with kindness, we are going to create Kindness Posters. Every poster must include the following (write this on the whiteboard/smartboard):

- The phrase, "Be Kind"
- Words or pictures that show a kind action that affects our school
- At least 3 different colors (so it grabs people's attention!)

Ask:

What type of kind actions might affect our school? (examples include picking up trash, putting away supplies, walking calmly in the halls, etc.)

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Break up the class into groups of 3-4. Pass out the butcher paper/posterboard along with several pieces of scrap paper. Have each group create a sample on the scrap paper. Once the group agrees on the design, allow them to move on to the final product.

Hang up the posters throughout the school as a remind to “Be Kind” to the school and everything in it!



Reflect

5 minutes

Allow each group to share their Kindness Poster and choose the location in which they want to hang it up. Assist them if their poster works best in a certain location (For example, throwing away trash might work best in the cafeteria because a lot of trash is produced during lunch).

When we are walking through the halls and you pass one of our Kindness Posters, read it to yourself and see if there is anything you can be doing to be more kind to our school. You can also encourage your friends in other classes as well.



Extension Ideas

- Students can create a Kindness Poster for their home as well. What are ways you can treat your home with kindness?



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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/>