

The Kindness Framework

Kindness in the Classroom lessons teach kindness skills through a step-by-step framework of Share, Inspire, Empower, Act, and Reflect. Each lesson starts with the 'share' step to reinforce learning from previous lessons. The 'act' piece is woven into the lessons but really takes place in the projects.



Step 1: Share

Each of our lessons starts with a 'share' where the class can share what they've learned and experienced with others since the previous lesson. This reinforces what they've learned and experienced, helps others to experience it and makes it far more likely that they'll express kindness again!

Step 2: Inspire

Through various modalities, each kindness lesson is designed to inspire students and allow teachers to feel inspired as well!

Step 3: Empower

Inspiration is good—but transformation begins to happen when students are given the tools that will let them act on that inspiration. The 'empower' step is for teachers to lead the class through discussions designed to empower students to find ways to be kind in their daily lives.

Step 4: Act

The opportunity to act exists throughout the lessons, but it really comes into play in the projects. Once students have the ideas and the tools, they put it all into action. The unit projects will have students bringing real, tangible kindness into the world.

Step 5: Reflect

At the end of each lesson and project, students will have experienced how great it feels to perform acts of kindness. And what does everyone want to do after doing something that feels great (besides 'do it again')? Talk about it, of course! At the end of each lesson, teachers guide students to reflect on what they've just experienced and learned & identify how doing kindness affects their own lives and the lives of those around them.