**Secondary Guidance Lesson**

*Kindness*

**Objective:** To help students understand that kindness is the beginning of our positive relationships with others.

**Video**: <https://youtu.be/AUC0iZ_0sPo>

**Activity:**

* Show video
* Group Discussion
  + Do you agree with Maya Angelou, that we never forget how people make us feel? Why or why not?
  + Can you remember a time when someone showed you kindness? What happened? How did you feel?
  + What are some simple things we can do to show kindness to others?
  + How could kindness change the outcome of a negative situation?

**Follow-up/Closing:**

Highlight opportunities for kindness in your classroom, students you have seen that have shown kindness to others, and ways to incorporate kindness in the classroom.

**Extra Activity:** Create a “Take What You Need” Board

This is a popular one, but when done correctly, it never gets old. Have students brainstorm possible emotional supports their classmates may need (ex. courage, commitment, self-love), then search for a dozen or more quotes that can be meaningful mantras and reminders for that need. Grab a pack of assorted-color sticky notes and write all the quotes related to a certain need on the same colored stickies.

Post them on a centralized bulletin board so anyone walking by can easily find a quote to fit what they need.