**Secondary Guidance Lesson**

*Kindness Pt. 2*

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

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

**Activity:**

* Discuss the “Kindness Boomerang”. What is one small act of kindness that led to another? What can you do in your daily life to to start a kindness boomerang?
* Optional - Be the ACTION
  + Oftentimes, children may be able to identify ‘needs,” yet not know how to take action. Empower your students to take initiative. This can start by simply discussing needs and generating ways to meet those needs. Don’t stop there! A small, class community service project is a great way to connect to your community and provide an intentional opportunity for your students to experience empathy. Have your class choose a need from their list, and guide them through the process of making a difference. It could be as simple as encouragement cards to the local nursing home. While you are teaching your students to empathize, you are simultaneously exercising their creativity and critical thinking skills in the process. If we mold our students into “do-ers,” they will eventually morph into adults who are collaborators, initiators, and critical thinkers. No matter what grade level you teach, never underestimate your impact.

**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.