

HORRELL HILL ELEMENTARY SCHOOL COUNSELING DEPARTMENT SOCIAL AND EMOTIONAL LEARNING LESSON PLAN ON KINDNESS

At-Home activities and resources for developing a vital character trait

KINDNESS

WEEK OF APRIL 6TH – 10TH, 2020

READ ALOUDS

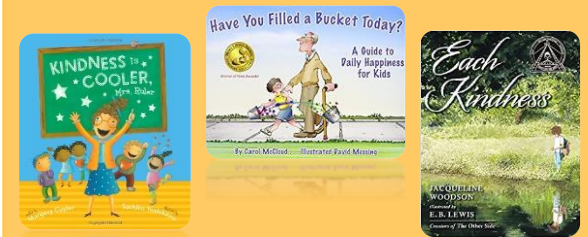
- **EACH KINDNESS** BY JACQUELINE WOODSON
- **KINDNESS IS COOLER MRS. RULER** BY MARGERIE CUYLER
- **HAVE YOU FILLED A BUCKET TODAY?** BY CAROL MCCLOUD

VIDEO WEBSITES

- **KINDNESS BOOMERANG**
<https://www.youtube.com/watch?v=nwAYpLVyeFU>
- **KINDNESS IS COOLER MRS. RULER**
([HTTPS://WWW.YOUTUBE.COM/WATCH?V=ET4KLUESo0o](https://www.youtube.com/watch?v=ET4KLUESo0o))
- **EACH KINDNESS**
([HTTPS://WWW.YOUTUBE.COM/WATCH?V=IAEHSRUC81U](https://www.youtube.com/watch?v=IAEHSRUC81U))

WORKSHEETS/RESOURCES

- **FREE PRINTABLE TOOLS TO TEACH KINDNESS & GIVE BACK**
<https://www.doinggoodtogether.org/free-kindness-prints>



KINDNESS

**VISIT THIS WEBSITE BELOW TO TAKE THE CHALLENGE AND
PLAY THESE GAMES ABOUT 'KINDNESS & EMPATHY' AND GET INSPIRED TO CREATE AN ORIGINAL GAME ON THE TOPIC!**



HOME

COMPETITION

SPOTLIGHT CITIES

RESOURCES

BLOG

ABOUT



<http://www.gamesforchange.org/studentchallenge/la/kindness-empathy/>

TAKE THE CHALLENGE: KINDNESS & EMPATHY

The Issue:

Kindness is defined as an act in service to someone else without the expectation of anything in return. An act of kindness is beneficial for the person receiving the kindness, and the person initiating the kindness. We know that kindness reduces stress, anxiety, and depression and improves self-worth and happiness. Kindness is a choice, a culture and a muscle that we need to exercise – it makes us healthier, and it makes our communities healthier.

The Prompt:

Research how kindness impacts how we feel about ourselves, how we feel about each other, and how healthy our schools and communities are. Make a game that teaches people how being kind matters.

