

Lesson Plan: Kindness Counting (kind acts really ADD up!!!)

Objective:

To have children recognize the “multiplier” effect of having every extra person focused on kindness, and how it impacts our world for the better.

Critical skills nurtured:

- Social and emotional
- Math competency with sorting, grouping and adding

Implementation plan:

This can be made easier or more challenging based on the age of the group, but the basic concept is:

Give each child three countable objects (colored slips of paper, counting bears, anything that is a consistent size and shape!). Each object represents one of the three kind things a child must do to be an Honorary Spritelee.

Now have children get in groups of three.

Ask them to work as a group to add up their slips.

Help them see the huge increase in kindness to go from three slips to nine slips!

Now have two groups combine, and redo the adding.

Work as a group on questions such as:

- How many kind acts would there be if the whole class did their three things?
- How many kind acts would there be if the whole first grade did their three things?
- What about if the school did?
- What about if the town did? etc.

End with a group discussion about Kindness Grove Knoll and how quickly our world would feel like Kindness Grove Knoll if everyone did their three kind acts on a regular basis!

What you need:

- Colored slips of paper (or counting bears or any other “countable object”)
- Graph paper, if you want to add a graphing aspect to the counting