

## **Lesson Plan: Kindness Journal (for the whole class or for individuals)**

### **Objective:**

To have children spend time thinking about, writing and/or drawing pictures to share their intentional acts of kindness or acts they intend to do in the near future.

### **Critical skills nurtured:**

- Social and emotional
- Literacy and language skills

### **Implementation plan:**

#### **Group Journal:**

Explain to the class the importance of everyone doing their part to be kind and enhance our world. (Every i makes a difference!) Help them realize that in addition to doing kind things, it helps to share our stories with one another. Sharing allows us to inspire each other, lend each other great ideas, and make ourselves feel proud about a special act of kindness that we “gave away”!

For a simple group journal project, have each child journal on a special act of kindness they have done or plan to do. They can write or draw a picture about who was there, how the people involved felt, exactly what kind deed was done, or any other aspect of the experience they care to share. The individual journal pages can be put into a three ring binder and a nice cover sheet can be made. Perhaps the class can vote on what to call their “kindness keepsakes”.

Each night a different child can bring the journal home to share with his/her parents. Each family can write a little note on the journal’s last page with their thoughts/reactions to the journal. The journal goes home each night until it has cycled throughout the class. The teacher can read the family comments, if appropriate, to the class during the project “wrap up”.

This simple project can be more involved by:

- requesting photographs
- by inviting families that have ideas to share to write on blank journal pages in the back
- by having the class spend discussion time brainstorming names for the journal, as that lends to a nice group dynamic to reinforce the key messages

### **Individual Journal:**

Rather than a group journal, teachers or parents can opt to have each child keep their own journal of kindnesses. The journal can include not only kindnesses given away, but kindnesses received. Each child can come up with their own clever name for their journal. They can keep it in the classroom and update it on a weekly basis, allowing for an extended project. At the end of the project, each child can pick their three favorite entries and share them with the class.

### **What you need:**

- Journals – either purchased journals, notebooks or 3 ring binders with separator sheets for each child to put their completed entry
- Items to decorate the cover (where appropriate)