LESSON 4 | Acts of Kindness

Objective
Students will learn about how acts of kindness, even on the smallest scale, can trigger and inspire larger acts, such as working on a community service project or a volunteer activity.

Time
40 minutes

Materials
• Worksheet 4: Acts of Kindness
• Art supplies

1 Talk to students about examples of kindness. Ask your students if they’ve witnessed or performed any acts of kindness in their homes or at school in the last few days: Have you helped out in the kitchen at home? Have you helped a friend who was having a tough day? Discuss an example or two from your own life.

2 Remind students of the discussion from Lesson 2, where the class discussed how carrying out a simple task or other acts of kindness for someone who is sick or living with cancer is a way to provide support.

3 Acts of kindness can also help the community. Introduce the idea of community as a group that a person belongs to. Discuss the different communities students belong to, from small (family, class, sports team, religious organization) to large (school, town, state, etc.) so that they understand this concept.

4 Distribute Worksheet 4: Acts of Kindness, in which students will draw an act of kindness that they have witnessed or performed. Review the instructions for Part 1 with your students and explain that the drawings they create will be part of a class mural when everyone has finished. Use these brainstorming prompts to help students get started:

• What was the act of kindness you observed?
• Who was involved?
• Where were you?
• Why was this act kind?

5 Tell your students about a local organization in your community that performs acts of kindness on a larger scale. Share with them that, as a part of LIVESTRONG at School, children in school all over the world have turned acts of kindness into support, raising money and awareness for cancer survivors.

6 Using Part 2 of Worksheet 4: Acts of Kindness, have students show (via words or drawings) how the acts of kindness they identified could have an impact on people in their larger community. For example, taking a meal to your brother when he doesn’t feel well could inspire preparing meals as a group for people who are dealing with an illness.

7 When students have finished their drawings, assemble the class mural. Explain that each student’s drawing is not unlike the smaller acts of kindness they’ve performed or witnessed—that every kind act, no matter how small, has the potential to be bigger, or to be a part of something bigger.

Extension Activity
Instead of telling students about local organizations, invite a representative from a local health or nonprofit organization to speak with the class about how their actions can help on a larger scale.
Acts of Kindness

Small acts of kindness go a long way toward making other people feel good—and you feel good when you’re kind, too!

Have you seen or done an act of kindness recently? Draw a picture of the act of kindness below.

How could the act of kindness help your community? Draw a picture or use words to explain.