

Guidance Lesson Plan for 1st-8th grade

<https://youtu.be/T3G6amBvyOs>

Reflection: Tell about a time that being kind was hard and you did it anyway. What did you do, and what was the effect or outcome?

Whole Class Lesson-Activity

30 minutes

Kindness in the Round

To practice using courage through kindness, the class will play a game called "Catch the Kindness". Using popsicle sticks (or some other random name picker) call out a student's name. They then choose a number between 1-3.

- #1 = I like you because...
- #2= I saw you being kind when you...
- #3= I am glad you are here because...

Starting with the teacher, each person will be called randomly. When you are called, the number you choose is the section you must answer about the person that came before you. Example: "Jasmine, one fun time we had together was when we played in the sand box!" Demonstrate how to play by having a volunteer call on the teacher.

Reflection: Tell about a time that being kind was hard and you did it anyway. What did you do, and what was the effect or outcome?

Be the living expression of God's kindness; kindness in your eyes, kindness in your face, kindness in your smile, kindness in your warm greetings.

-Mother Theresa

Reflection: Draw about a time that being kind was hard and you did it anyway. What did you do, and what was the effect or outcome?

*Be the living expression of God's kindness; kindness in your eyes, kindness in your face,
kindness in your smile, kindness in your warm greetings.*

-Mother Theresa