

Lesson Plan

Designed by Emma Trinder One Mind www.m1nd.co.uk	Key Stage: 3	Date:
Knowledge, Skills and Understanding: Wellbeing, empathy, recognising emotions, identify the power of our actions, agency.	Teacher:	Duration: 60 mins
Activity: Kindness		
Learning Intentions: Children to explore acts kindness and to practice giving and receiving		
Progression of Learning and Teaching: Key Teaching Points	Points to Remember: Key Learning & Teaching Strategies	
Introduction 10 mins... <ul style="list-style-type: none"> Group activity, discuss the question “What is kindness?” - in groups or as a class. Feedback/share/teacher clarifies Discuss how it feels when someone is kind to you/what it feels like to be kind to someone (the students could write their answers on post it notes and create a wall of joy) <hr/> Activities and Experiences 10 mins... <ul style="list-style-type: none"> Explore in groups or pairs - how can we be kind to others? Discuss as a class/share/teachers clarifies. Each student to write one way we can be kind to others on a small piece of paper. <ul style="list-style-type: none"> - designated student/s to collect & adds to box 1 / students add to box 1. 10 mins... <ul style="list-style-type: none"> Explore in groups or pairs - how can we be kind to ourselves? Discuss as a class/share/teachers clarifies. Each student to write one way we can be kind to ourselves on a small piece of paper. <ul style="list-style-type: none"> - designated student/s to collect & adds to box 2 / students add to box 2. 10 mins... <ul style="list-style-type: none"> Explore in groups or pairs - how can we be kind to the planet? Discuss as a class/share/teachers clarifies. Each student to write one way we can be kind to the planet on a small piece of paper. <ul style="list-style-type: none"> - designated student/s to collect & adds to box 3 / students add to box 3. 20 mins... <ul style="list-style-type: none"> Each student takes one piece of paper from each box - “keep them safe!” Assign the MISSION: “It is now your mission to complete at least one action, you have one week to do so. Complete all three if you are a SUPERSTAR!!” “Raise your hand if you accept this mission.....can you do one?....two?.....three?” Choose some children to share their mission. Ask “How will you complete your mission?”....”Do you need some help?”..... Discuss ideas as a class/help each other. 	Resources: <ul style="list-style-type: none"> - Post-it notes - Small bits of scrap paper - White A4 paper - Pens - 3 boxes (or bags, or just make 3 piles of paper) Top Tips: <ul style="list-style-type: none"> Place the boxes in 3 different corners of the room. Explore each type of kindness at the same time, or divide the class into three and explore different topics and then rotate. Key Vocabulary: - Kindness Kindness is a type of behavior marked by acts of generosity, consideration, or concern for others, without expecting praise or reward.	

- Offer rewards if appropriate and be sure to check in with the students next week - how were they kind to themselves, others or/and the planet. Discuss how this made them feel and the reactions of any third parties involved.
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Next week:

15 mins...

- Circle time: Check in with the students - how were they kind to themselves, others or/and the planet?
- Discuss how this made them feel and the reactions of any third parties involved.
- Take the opportunity to recap upon the beautiful ripple effects of kindness.
- Discuss how it feels when someone is kind to you/what it feels like to be kind to someone (the students could write their answers on post it notes and refresh the wall of joy)
- Assign new kindness missions if you wish.