

Kindness Starts with Me - Levels F-3

WRITTEN

To help students learn that kindness is something everyone can do, and that small acts of kindness make a big difference to others and to ourselves.

Learning Intentions

Identify Kindness:

..... To notice small ways I can be kind at school and at home.

Show Kindness:

To use my words, actions, and body to be kind.

Reflect on Kindness:

To think about how kindness makes me and others feel.

Success Criteria

I can name or show one kind thing I can do today.

I can explain how my kindness helps another person.

I can share how I feel when I am kind.



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Duration: 15–20 minutes

Objective

To help students learn that kindness is something everyone can do, and that small acts of kindness make a big difference to others and to ourselves.

What You Need

- Notebooks or paper
- Pencils or Coloured pencils
- Optional: stickers or a class kindness chart

Gameplay

1. **Think of a Kind Act** – Students think of one kind thing they can do today (e.g., smiling at a friend, sharing pencils, helping to pack up, saying thank you).
2. **Draw or Write** – Students draw a picture or write a sentence about their act of kindness.
3. **Reflect on Feelings** – Talk about how their kindness would make the other person feel, and how being kind makes them feel too.
4. **Share with Others** – In pairs, small groups, or as a class, students share their ideas. This builds connection and helps them see that there are many different ways to be kind.

Reflection Prompts

- What is one kind thing you can do today?
- How will your kindness make someone else feel?
- How do you feel when you are kind?

For Wheelchair Users / Accessibility

- Kindness actions can include **non-physical choices**, such as giving compliments, smiling, offering words of encouragement, or offering encouragement.
- Students can share kindness ideas through **drawing, speaking, pointing, or using technology**.
- Make sure all children have an equal chance to contribute.



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Notes for Inclusion

- Celebrate that **every act of kindness matters**, even the smallest.
- Give visual examples (pictures or role-play) of kindness to support students who need prompts.
- Encourage listening respectfully when others share.

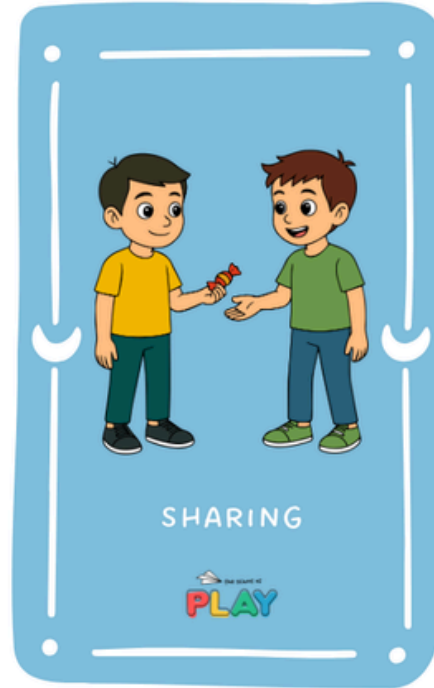
Variations

- **Family/Home Play:** Each family member shares one kind thing they will do today and then talks about how it went at dinner.
- **Classroom Variation:** Create a **Kindness Tree or Chart**. Each time a student shows kindness, they add a leaf, sticker, or drawing.
- **Group Challenge:** As a class, aim to complete a set number of kind acts in a week and celebrate together when it's achieved.



KINDNESS CARDS

PRINT AND CUT OUT, THEN SPREAD THEM FACE-UP IN A SMALL CIRCLE. STUDENT PICK ONE CARD AND SHOW THAT ACT OF KINDNESS USING GESTURE, PICTURE POINTING, AAC, OR A SIMPLE ACTION. FINISH BY ASKING HOW IT MADE THEM FEEL AND HAVE THEM POINT TO OR SHOW AN EMOTION.



KINDNESS CARDS



KINDNESS CARDS

