



UNIT 3: CHOOSE KINDNESS

LESSON 13: KINDNESS (a)

...is the filter

WHAT IS KINDNESS?

Write your own definition for kindness.

"Kindness is..."

WHAT DOES KINDNESS DO?

Think of someone you know who is KIND.

What types of things do they DO that are kind?

PERSONAL REFLECTION

Recall a time in your life when someone's kindness had a big impact on you:

What was the scenario? What did they DO? How did that make you FEEL?

How might that moment have been different for you if they had NOT chosen kindness?

UNIT 3: CHOOSE KINDNESS**LESSON 13: KINDNESS (a)...is the filter (continued)****GROUP ACTIVITY: KINDNESS REWRITE****Rewrite the ending of this story by inserting a moment of kindness:**

Derek climbs on the bus. He's worried about the big test coming up in first period, and not paying close attention to his steps. As a result, he trips on Caden's foot, falling into his lap.

Caden shoves him off, shouting, "*Get off me, Klutz! You're such a moron!*" Several kids burst out laughing, and Derek flushes red, tucking his chin down in embarrassment.

As he looks anxiously for a seat, the other kids snicker and turn away from him, or slide a backpack onto any available spots, forcing him to keep looking elsewhere. He finally settles into the only empty bench alone.

His anxiety continues to grow as he thinks about the humiliation he just experienced AND the test coming up. He is unable to focus in first period, and fails the test as a result.

He is miserable for the rest of the day, and chooses to stay home instead of going to the class bonfire that night.

Later, Derek finds out that a girl that he really likes went to the bonfire, and he missed the opportunity to hang out with her.

Where would you insert kindness, and how might that change the ending of this story?

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LESSON 13: KINDNESS (a)...*is the filter (continued)*

AFTER WATCHING THE VIDEO

1. Write the correct words in the blanks to define the following terms:

CRUSHING CONSIDERING HARMING HELPING

Kindness is _____ and _____ others.

Cruelty is _____ and _____ others.

2. Draw an icon for each of the following phrases to demonstrate the hand motions:

KINDNESS IS A HAND THAT LIFTS

CRUELTY IS A FIST THAT CRUSHES

3. Unscramble and write the word beside each letter to label the TOOLS OF KINDNESS

LEPH

NIVTEI

ERTSPCE

CNGEUORAE

H _____ **I** _____ **R** _____ **E** _____

4. Consider and respond to the following prompt:

Recall the “glitter” example. For Cole, glitter jokes have become a funny thing that he can laugh about along with his family. But what if he really DIDN'T find this funny, and he never told anyone?

What are some clues that might indicate he was actually annoyed or upset?

(Remember Lesson 5, noticing body language and actions and wondering what others are feeling)