

Kindness Week

(2ND-4TH GRADE)

**MORNING
MEETING
PLANS**



**SECRET
KINDNESS
MISSIONS**



Table of Contents

Morning Announcements.....	3
Kindness Missions.....	4
Envelope Labels.....	5
Classroom Letters.....	6-7
Mission Boards.....	8
Morning Meeting Plans.....	9
Monday.....	10
Tuesday.....	11
Wednesday.....	12
Thursday.....	13
Friday.....	14
Discussion Question Cards.....	15-22
“I Have, Who Has” Cards.....	23-28
Terms of Use.....	29
Credits.....	30

Kindness Missions

- Labels to cut and glue on envelopes
- Classroom mission letters (Random Acts of Kindness Week version and anytime version)
- Kindness Mission Board
- Staff/Faculty mission letters (both versions)

Mrs Owens' Class



Dear class,

For Random Acts of Kindness Week, I'm giving you a mission - a top secret kindness mission! Work together as a class to perform 5 of the acts of kindness on your mission board. They do not need to be completed in order. Everyone must participate. Write the date on each completed. Return your completed mission board to Ms. Vazquez by Friday Afternoon I know you can do this mission! You are now officially secret kind



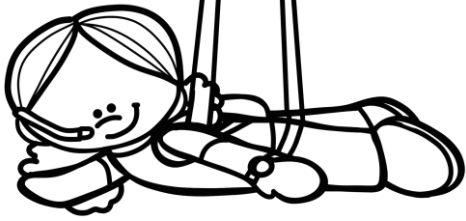
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SECRET KINDNESS MISSION BOARD

Write encouraging notes to another homeroom. 	Play with someone new at recess. 	Write thank you notes for custodians, bus drivers, and/or cafeteria workers. 
Smile and silent wave to at least 5 different people. 	Pick up the classroom floor before you leave. 	Give someone a quality compliment. 
Pick up trash in the cafeteria, even if it's not yours. 	Learn something new about a classmate. 	Create your own kindness mission: 

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SECRET MISSION

Dear class,

For Random Acts of Kindness Week, I'm giving you a mission – a top secret kindness mission! Work *together* as a class to perform 5 of the acts of kindness on your mission board. They do not need to be completed in order. Everyone must participate. Write the date on each mission completed. Return your completed mission board to _____ by _____. I know you can accomplish this mission! You are now officially secret kindness agents.

Best,

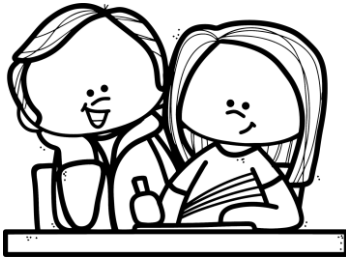
**(ALSO
INCLUDES
"ANYTIME"
VERSION)**



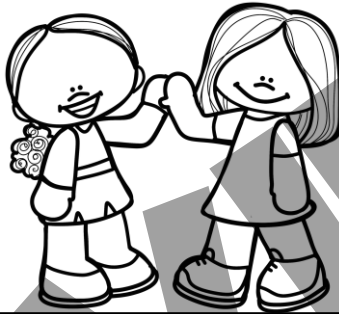
SECRET KINDNESS MISSION BOARD



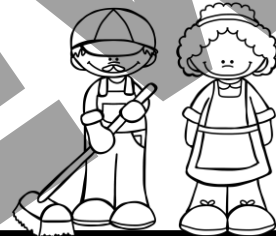
Write encouraging notes to another homeroom.



Play with someone new at recess.



Write thank you notes for custodians, bus drivers, and/or cafeteria workers.



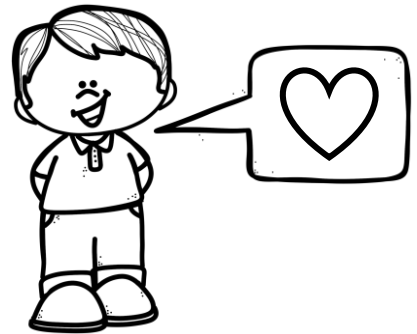
Smile and silent wave to at least 5 different people.



Pick up the classroom floor before you leave.



Give someone a quality compliment.



Pick up trash in the cafeteria, even if it's not yours.



Learn something new about a classmate.



Create your own kindness mission:



Morning Meetings

- Print out these plans or project the included PowerPoint (delete slide 3 or 4 depending on if this is for Random Acts of Kindness Week or a different week you're choosing to focus on kindness)
- Only prep needed is to print and cut the "I Have, Who Has" and Discussion Question cards

Kindness Week

Morning Meetings

Monday

Good morning class!

This week we are celebrating Random Acts of Kindness Week, where millions of people around the world all show extra kindness to everyone around them. Did you know that kindness is contagious? When someone sees an act of kindness, they are more likely to show kindness themselves!

We hope that kindness is contagious here at our school and that we become kinder every day. What are some other words or phrases that mean the same thing as 'kind'?

Love,

MONDAY

GREETING

Turn to your right and say "Hello _____. I'm glad you're here today". Respond with "Hello _____. I'm glad you're here today too". Continue all the way around the circle.

Hello! I'm glad
you're here
today.

SHARE

How do you know if something is kind or nice?



ACTIVITY

CHAIN REACTION:

Teacher picks three "acts" of kindness (hug, high 5, fist bump, etc.) The class forms a line with one person in front of the other. The last person (teacher) taps the shoulder of the person in front of them, asks them to turn around, and does the three actions with the person. Then that person taps the person in front of them and repeats the actions. The three actions repeat down the line until they reach the front. The first person in line goes back to the last person in line who was the originator.



Monday

Greeting: Students turn to their right and say "Hello _____. I'm glad you're here today", next student responds "Hello _____. I'm glad you're here today too". Continue all the way around the circle.

Share: How do you know if something is kind or nice?

Activity: Chain Reaction - Teacher picks three "acts" of kindness (hug, high 5, fist bump, etc.) The class forms a line with one person in front of the other. The last person (teacher) taps the shoulder of the person in front of them, asks them to turn around, and does the three actions with the person. Then that person taps the person in front of them and repeats the actions. The three actions repeat down the line until they reach the front. The first person in line goes back to the last person in line who was the originator.

Message: "Good morning class! This week we are celebrating Kindness Week, where millions of people around the world all show extra kindness to everyone around them. Did you know that kindness is contagious? When someone sees an act of kindness, they are more likely to show kindness themselves! We hope that kindness is contagious here at _____, and that we become kinder every day.

What are some other words or phrases that mean the same thing as 'kind'?

Love, _____"

Kindness Discussion Cards

Quiz-Quiz-Trade

- Each student is given a task card/statement card/discussion question card.
- Students stand up and find partners.
 - Hand up → Find someone else with hand up → High five → Hands down
 - If first time doing this activity, model this part and do some think alouds and "what ifs." For example "What if I really want to be partners with my friend Ben but he's on the other side of the room, what do I do?" (I don't go run to him, I find someone closer!) "What if I want to be partners with Mya but she's partnered with David, do I go stand by them and wait for them to be done?" (No! I don't want to waste my time, I find someone else) "What if Alex asks to be my partner but I don't like her, do I just tell her no?" (Nope, I nod and say "ok" because I know we'll only be partners for a couple minutes.)
- Student A reads their card/asks their question. Student B answers/responds. Student A responds "I agree", "Great answer", "Thank you", or even just "Ok." Student B reads their card/asks their question and Student A answers/responds. Student B responds (see previous). They switch cards.
- Students find new partners and repeat.
- Continue as time allows!

Be
KIND

Be
KIND

Be
KIND

Be
KIND

Be
KIND

Be
KIND

Think of someone
you know that is
very kind. What
do people think
of them?

Do you need
to be an
expert or a
genius to be
kind?

Does it cost
anything to be
kind?

How much
time does it
take to be
kind?

**(INCLUDES
30 CARDS)**

How do you
feel after
you've done
something
kind?

How do you
show kindness
to your
parents?



Kindness
"I Have, Who
Has"

Kindness

I Have...
Who Has...?

Kindness

I Have...
Who Has...?

Kindness

I Have...
Who Has...?

Kindness

I Have...
Who Has...?

Kindness

I Have...
Who Has...?

Kindness

I Have...
Who Has...?

I have the first card.

Who has something kind to do for someone new to the school?

I have sit with them at lunch and show them around.

Who has something kind to do for your bus driver?

I have smile at your bus driver.

Who has something kind to do for the lunch staff?

I have say "hello" to the lunch lady.

Who has something kind to do for your teacher?

I have say "thank you" to your teacher.

Who has something kind you can do for your neighbor?

I have tell your neighbor "have a good day".

Who has something kind to do for you're a classmate who is sad?

**(INCLUDES
24 CARDS)**

THE Responsive COUNSELOR



Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been at my current school for 5 years now, providing a comprehensive school counseling program.

Philosophy

- I only sell resources that I create for my own students and use first with them!
- All of my work is rooted in evidence-based instructional, SEL, and/or therapeutic practices.
- My aim is to make things **effective** and **engaging** for wiggly learners and use wording accessible to underserved and EL populations.

Connect With Me!

