

Kindness - Pre-K to 2nd Teacher Guide



What is Included

The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with challenging situations. In this guide you will find: Connection Questions associated with the video, independent practice guidance, and extended learning opportunities. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity below.

Viewing the Video

- Watch the video together with the students.

Student Activities

- Connection Questions (before, during, and after the video) - 5-10 minutes.
- Fun Challenge, Student Activity, Drawing and Coloring Worksheet - 5-15 minutes.
- Extended Learning - 10 minutes.



Connection Questions and Checks for Understanding

Before the video 2-4 minutes

- Ask students: "Describe a time someone was kind to you, how did you feel?"

During the video 3-5 minutes

- Pause the video periodically to incorporate Checks for Understanding (CFU).
- Ask students: "What are some ways Kindness is being kind to her brother?"

After the video

- "Which part of the brain helps us practice empathy? Answer: Frontal Lobe)
- "What else does this part of the brain do?" (Answer: Stop and think)
- "What does it mean to empathize?" (Answer: Empathy is when you imagine how you might feel if you were in someone else's situation)

Independent Practice



Fun Challenge Worksheet

- Exciting introduction to the activities ahead.

Drawing/Coloring Worksheet

- Students can express themselves and relax their minds.

Student Activity Worksheet

- For grades 1st and 2nd.

Extended Learning

Read and Discuss

How is Kindness demonstrated in the following books:



Kindness Makes Us Strong
by Sophie Beer

Tomorrow I'll Be Kind
by Jessica Hische

Kindness Grows
by Britta Teckentrup

Each Kindness
by Jacqueline Woodson

What Does It Mean to Be Kind?
by Rana DiOrio

The Invisible Boy
by Trudy Ludwig