

My Kindness Treasure Box

The initial lesson in the Courage unit sets the focus on kindness as the ultimate form of courageousness. This lesson begins with kindness to self, through the creation of a personal affirmation treasure box.

Kindness Concept(s)

Courage, Kindness, Affirmation

Lesson Timeframe

45 minutes

Required Materials

- Box with lid for each student
- Art Supplies (will depend on classroom abilities/desires on level of complexity for this supply)
- Strips of paper (5 per child)

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.
See last page for details.

Lesson Objective

Students will:

- Create 5 personal affirmations to demonstrate kindness to self.
- Explain how it takes courage to be kind to ourselves.

Teacher Connection/Self-Care

Many people associate the term “courage” with being strong, standing up to oppression, and fighting for what is right. While all of these definitions do in fact refer back to various types of courage, there is yet another focus that is equally valuable: the courage to respond with kindness. This unit will focus on kindness as a form of courageous action. Your ability to infuse kindness into your daily life is the most courageous thing you can do for yourself. When your thoughts change, your behaviors change which ultimately leads to a positive change in those around you as well. This kindness chain reaction starts with you! This week, write out one specifically kind thought about yourself and post it on your bathroom mirror. Repeat it to yourself aloud every single time you read it. At first this may feel awkward and unnecessary. However, the more you hear kind words out loud, the more likely you are to internalize them. How can you be kind to yourself today?

Tips for Diverse Learners

- Allow students to draw a picture of each affirmation.
- Have students dictate their affirmations to the teacher as they write.
- Provide sentence starter prompts for each affirmation to increase understanding.
- Encourage higher level students to add an additional sentence below their affirmation that provides an example. (Ex. I am smart. I am smart when I read new books!)



Share

5 minutes

What would you do in the following situations? Try to focus on choosing responsibly!

- *You find your sister's diary. It's locked, but the key is in the lock. What would you do?*
- *Your father just made cookies, but he says you have to wait to have one. He leaves the room. What would you do?*
- *You forgot your homework and your teacher asks you why you didn't have it. What would you say?*
- *You accidentally drew on the table with permanent marker. What would you do?*

When we make responsible choices, we are showing kindness to others and our space!



Inspire

What is Courage?

7-10 minutes

Explain that courage means that you are brave when facing new or difficult circumstances. This unit will focus on courage as it connects to kindness. Being kind requires us to be brave and willing to try something new or different with ourselves, others, and even our spaces (like our school). When we have the courage to be kind, we feel better about ourselves and help others to feel better too!

Explain that there are 3 ways to show courage through kindness:

- *Kindness to Yourself: It might sound silly, but it takes courage to be kind to yourself. Most of us don't think about how we treat ourselves, but kindness actually starts with the things you say and do to yourself first! If you can't be kind to you, how can you expect to be kind to others?*
- *Kindness to Others: Sometimes it can be very difficult to treat others with kindness. You can be brave and use courage to focus your words and actions on kindness in any situation. Even if others are mean, you can choose to show courage through kindness. You may be surprised to see just how quickly others change when you shower them with kindness!*
- *Kindness to Environment (School): Our school is a terrific place to learn each day. Why? Because each one of us does our part to keep it safe, happy, and welcoming every day. Your courageous choice to show kindness in how you care for the school by treating our materials kindly, respecting our space, and being safe on the playground are all ways that help make our school the wonderful learning environment we have today!*

What is an Affirmation?

3-5 minutes

Explain that one way to show kindness to yourself is by using affirmations.

Affirmations are “kind words”. When you say or read kind words about yourself every day, it helps you feel better about who you are inside. The better you feel about yourself, the more courage you have to choose kindness with others and at school!



Empower

15 minutes

Today we will focus on how we can use courage to be kind to ourselves. Explain that each student will create a kindness treasure box that they will fill with personal affirmations to be read aloud to themselves before school each day.

Step 1:

Give each student a box. A shoebox works well for this, but any type of box with a lid will work. Allow students time to decorate their boxes. If possible, consider teaming up with the art teacher for a lesson that coincides with creating their treasure boxes! (paper Mache, mixed media, etc.)

Step 2:

Have each student write 5 affirmations about themselves on strips of paper. Use the sentence starters below and brainstorm some answers to model this part of the activity:

My favorite thing about me is _____.

I am really good at _____.

I love my _____ because _____.

When I grow up I will be a _____.

I like learning about _____ because _____.

Step 3:

Have the students fold their affirmations and place them in their Kindness treasure boxes. Instruct them to read one aloud to themselves every day for the rest of the week.



Reflect

5-7 minutes

After completing the treasure boxes, have each student choose one affirmation to read aloud to the class. If students are feeling shy, they can select one and have the teacher read it aloud.

- Provide positive feedback for students as they share.
- Remind them that just the act of sharing a personal affirmation takes courage!



Extension Ideas

- Keep your treasure boxes at school and add a new personal affirmation to the box at the end of each week. Then at the end of the school year, send the boxes home. The students will have ample affirmations to keep them lifted up throughout the entire summer!
- Have each student add affirmations to 3 different classmates each week as well. The more positive things you read about yourself, the better!



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LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>