

Kindness Parade

This lesson in the Courage unit focuses on kindness within the school environment by creating a kindness banner. Your class will then use courage to start a kindness parade, inviting others to sign the kindness pledge and join the parade.

Courage Sub-Concept(s)

Kindness

Lesson Timeframe

45 minutes.

Required Materials

- 2 dowels or brooms
- Long 6 foot piece of butcher paper
- Basic art supplies
- Soft ball for tossing to each other

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:

- Pledge to use kindness at school daily.
- Explain how it takes courage to be kind to our school.

Teacher Connection/Self-Care

The ultimate goal of every teacher is a kind and respectful class. When the environment in which we spend 8-10 hours a day naturally responds with kindness as a default, we are able to more easily teach the academic components required of us. As you head into the final few weeks and months of the school year, the positive environment you established at the beginning might be waning a bit as students get more antsy for summer vacation.

Now is the perfect time for a kindness tune up, so to speak. Although you are bogged down with end of year testing, grades, and parties, taking a few moments at the beginning of each day with some focused kindness will do wonders for your classroom environment. One idea is to write a bunch of uplifting notes on index cards and have each child choose one from a bowl during your morning meeting. Have them read their kindness card aloud as they are excused to their desks. Not only will each child be encouraged, but you may find that kindness is contagious!

Tips for Diverse Learners

- Allow students to draw a picture of how they treat the school with kindness.
- Select easily distractible students as the kindness banner holders to increase attention to the task.
- Create a simple kindness chant to increase participation during your parade.



Share

5 minutes

Using a ball, play kindness toss.

Have the class make a circle in the meeting area.

Say a person's name and one thing you are grateful/thankful for about them before tossing the ball to them. Example: Kinsley always includes me during four-square!

Once you toss the ball, you scoot back out of the game.

The person that caught the ball must choose another person, say their name and one kind thing about them, and then toss the ball to them.

When the last person receives the ball, they will say something kind about the teacher, toss the ball, and the game will end.



Inspire

Courageously Kind to Our School

5-7 minutes

Review the explanation of Kindness to Environment (school) presented in the first lesson of this unit.

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!

School of Courage

5-7 minutes

Draw a simple picture of a school building on the whiteboard. Ask the class how they can use courage to show kindness for our school. Write words and/or draw simple pictures inside your school as they answer.

- Turn your answers into a simple list if desired.



Empower

20 minutes

Explain that you will create a kindness banner as a class to show the school how they can have the courage to be kind to the school space every day. Every student (and the teacher!) will sign the banner as a show of unity. We will then go on a kindness parade inviting the whole school to join us in our pledge to treat our school with kindness!

- Using a long piece of butcher paper (6 feet or more is preferred), write down the following sentence starter:

“I promise to show kindness to our school by...”

- Spread the paper out onto the floor and have each student sign their name and draw/write an answer to the sentence starter.
- Reference your School of Courage activity from earlier if students are stumped.
- After everyone has had a chance to add to the banner and sign their names, tape the front and the back of the banner to 2 dowels (or two broom handles) to create a banner.
- Assign two students as banner holders and start your kindness parade!
- As you pass people in the hall, invite them to sign your kindness banner and join in your quest to show kindness to the school!
- Display your kindness banner in the hallway outside your class or even towards the front of the school if allowed!



Reflect

5-7 minutes

It takes courage to start something new and invite others to join you. Our kindness parade today was fun, but it was also courageous! We were able to use our courage to inspire kindness throughout the entire school. Now we must use courage to follow through with our pledge and truly bring kindness to our school each and every day!



Extension Ideas

- At home, have each student create a smaller mini banner for their homes as well. The sentence starter can say, “I pledge to show kindness to my home by...” Have the student add their answer and then invite the other people they live with to sign it as well!



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AND EMOTIONAL
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/>