



# Best Buddies Elementary Curriculum

## November Lesson – Be You, Be Kind

**Session:** To educate students on key terms such as kindness and inclusion and demonstrate how to apply these terms within their school, relationships and communities.

**Materials:** “Kindness Bingo” handout, markers, crayons, colored paper, white board and markers

**Objective:** Students will define the terms kindness and inclusion, assess the importance and impact of showing kindness to others, while demonstrating inclusion to their fellow peers through active participation and discussion.

**Initiatives:** World Kindness Day – Wednesday, November 13<sup>th</sup> 2019

(<https://www.randomactsofkindness.org/world-kindness-day>)

**Total Lesson Time:** Approx 80 minutes (depending on activities)

### October Recap

**Time:** 5 minutes

Ask students the following questions:

- *Why is it good to be different?* (different perspective/point of view, have special qualities that others do not)
- *What are some things you may have in common with others?* (I like to play video games, enjoy pizza, etc).
- *What are the three key words we learned last lesson in helping us understand and accept others?* (Kindness, Respect and Patience)
- *In last month’s lesson, you were challenged to get to know one new friend. Who would like to share who they met and what they learned about that person?*

### Kindness and Inclusion

**Time:** 5 minutes

**Materials:** White board and markers

In our last lesson, we talked a little about kindness, respect, patience and how important it is when interacting with others of all abilities. This month we are going to dig deeper into learning more about kindness and introducing a new term: Inclusion! (*Write the words “Inclusion” and “Kindness” on the board.*)

**Ask:** *What does it mean to be kind? How does it make you feel when someone says something nice about you? Call upon a few students to share.*

*Why is kindness important in this world? Who deserves kindness? (We all do!)*

**Ask:** *What does the word inclusion mean?*

Inclusion means to accept and embrace everyone regardless of one’s ability, race, gender, medical or other need or status. It means treating everyone equally.

The word Inclusion comes from the word *Include*. **Ask:** *Why is it important to include everyone? What are some ways you can include other students at school? (at recess, inviting them to sit with you at lunch, working together on a project)*

You will hear a lot about Inclusion in Best Buddies. That is because the vision of Best Buddies is all about creating a more inclusive world for people of all abilities and differences! We want everyone to feel accepted and valued for who they are, no matter what a person’s differences or abilities are.



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### Words and Actions that Tear us Down

**Time:** 3 minutes

Did you know that the words we say to each other matter? Words are very powerful. Words can make us happy, give us joy and build us up. Words can also tear us down and make us feel very sad, lonely and discouraged.

When we say words that hurt others, we take away that person's joy. Hurtful words can come from one person or a group of people. **Ask** students to reflect on their own: *Has there ever been a time when someone or a group of people has said something hurtful to you? How did that make you feel?*

Hurtful words or even actions can ruin someone's day. Whether it is ignoring or rolling your eyes at someone who's trying to talk to you, making fun of another person by how they look or act, or leaving them out of a game you're playing. Using hurtful words or actions can make someone feel as if they don't matter, as if they are less valuable than others.

Everyone's story is different. Some of us may be going through something difficult or sad, that others may not even be aware of. The words we say to each other impact us, they affect our friendships and relationships with each other, they affect how we feel inside and how we look at the world around us.

### Words and Actions that Build Us Up

**Materials:** Computer/projector

**Time:** 10 minutes

When we are talking with our friends, family, teachers and classmates, it's important that we choose words that are kind and positive, words that fill each other up and encourage us.

**Ask:** *What are some kind words or phrases that we can say to others? (Write the answers on the board)*  
Sample words that build us up: "You are awesome!" "Great job!" "Can I help you?" "I'm proud of you" "I like your outfit." Being specific makes someone feel even better! (i.e. "You ran your best!")

**Ask:** *What are some ways we can encourage or build someone up through our actions?*  
Sample actions that build us up: Invite a classmate to play at recess or sit with you at lunch, offer to help them with a project or carrying their books, write a kind note for them, invite them over after school, offer a high five or a hug, stick up for someone who is not being treated nicely.

**Ask:** *Who has heard of the expression, "treat others the way you want to be treated?" What do you think this means? We all want to be treated with respect and kindness.*

**Ask** *a few students to share about a time where they were having a difficult day and someone made them feel better by their words or actions.*

Knowing how someone's actions or kind words made you feel, it's important to also treat others in the same way. Regardless of how someone may look, act, walk, talk, or behave - whatever our differences are, we must treat others with kindness and respect.

Watch *Kid President's 20 Things We Should Say More Often* (optional): <https://youtu.be/m5yCOSHeYn4>



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### **Activity: What Would you Do?**

**Materials:** Volunteers to act out small scenes

**Time:** 20 minutes

Knowing how it can feel to be left out, let's discuss some ways we can include others in this next activity. Explain that you are going to read them the following short scenarios and call upon some interested students to help reenact these stories in front of the class. For each story, have a few students act out the scene as you read. Following each story, call upon the class to share their solutions of how they can be inclusive of others.

\*Best Practices: Select students ahead of time and rehearse scenarios. Depending on time and the needs of the class, identify 2-4 of the scenarios to act out. Each scene can be tailored or modified to fit the classroom's needs. Teachers and even student leaders are also welcome to create their own scenarios ahead of time!

### **Scenario 1:**

Characters: Lisa, Derek, a small group of Lisa's friends

It is time for lunch and Lisa can't wait to connect with her group of friends to talk about her day and all the fun things she did this weekend! As Lisa walk's into the cafeteria, she notices a student named Derek sitting by himself. Derek has a harder time communicating with others and is often left out of conversations. Most days, he sits by himself at lunch. Meanwhile, on the other side of the cafeteria, Lisa sees her group of friends calling her over to join them at their lunch table.

**Ask:** *What should Lisa do?*

*(I.e. Invite Derek to sit at Lisa's group table for lunch and introduce him to all of her friends. OR have Lisa sit with Derek at his table and start up a conversation.)*

Act out the solution. **Follow up questions:** *How did this make Derek feel? How did this make Lisa feel? What do you think Lisa's friends learned from her actions?*

### **Scenario 2:**

Characters: Tyler, Sarah, a group of Tyler's friends

During recess, Tyler and his friends decide to play a game of tag. Sarah is a brand new student at school who uses a wheelchair to get around. She hasn't made any new friends yet and watches all the other students playing at recess. **Ask:** *What should Tyler do?*

*(i.e. Invite Sarah to join in on the game and play tag within an accessible area that she can get around. Select a different game that everyone feels comfortable participating in. Introduce Sarah to his group of friends.)*

Act out the solution. **Follow up questions:** *what happened when Sarah was included? Why was it important for Tyler to invite her into the group?*

### **Scenario 3:**

Characters: Lucas, Adam, Meredith

Lucas has just received an invitation to attend his friend Meredith's awesome superhero themed birthday party on Saturday! Lucas finds out, however, that everyone in class was invited to go except for his new friend, Adam. Adam loves superheroes and is eager to make new friends, but tends to be shy and struggles with meeting new people.

**Ask:** *What should Lucas do?*

*(Ask Meredith to invite Adam to the party. Skip Meredith's birthday party and ask Adam if he would like to do something fun together that day, such as playing a superhero video game or watching a superhero movie.)*

Act out solution. **Follow up questions:** *Why did you think it was important for Lucas to include Adam in the party? How did that make Adam feel?*



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### Scenario 4:

Characters: Mya, Sarah, a group of students

The school day has ended and Mya gets on the school bus to go home. Mya loves to sit in the front of the bus near her friends. All of a sudden she hears a group of students in the back of the bus laughing and making fun of her classmate, Sarah. Sarah gets picked on a lot by the other students at school for how she dresses and the glasses she wears. Mya isn't friends with Sarah but she often notices how the other kids say mean words to her, whisper behind her back and leave her out of their conversations and games.

**Ask:** *What should Mya do?*

*(Go up to the students and stick up for Sarah, tell them that it is wrong to say mean things or make fun of another person, Ask Sarah if Mya can sit with her and have a conversation, say kind and encouraging words, become her friend, tell the bus driver what happened.)*

Act out solution. **Follow up questions:** *How do you think that made Sarah feel when Mya stood up for her? How do you think the students felt? Why is it important to stick up for one another or tell a teacher when we see someone treating another person poorly?*

Have all students return to their seats. **Ask:** *what did we all learn from these stories? What did all of the main characters in these stories have in common? (i.e. they all wanted a friend, they stood up for each other, they chose kind words or actions)*

Explain that while these were just stories we acted out, there are in fact many of us who feel lonely and left out on a daily basis. Many of these kinds of situations exist every day. It is important that whether we are in school or outside in the community, we use kind words and actions when communicating with others and practice inclusion wherever we go!

Best Buddies' mission is to create a world where everyone feels included! You can help spread the mission just by including others in what you are doing. It only takes one small act of kindness to make a big difference in someone's life! We are ALL deserving of love. We all have value. We all matter. Let's focus on embracing everyone for who they are!

### Challenge:

Challenge students to pay close attention to their peers who are sitting by themselves at lunch or are alone at recess, gym class or outside of school. Introduce yourself to them and include them in what you are doing, whether it's eating lunch, playing a game or grouping up for a school project. This simple act of kindness in including others can make a HUGE impact on someone's day!

### Small Acts of Kindness

**Time:** 10 minutes

**Materials:** Whiteboard and markers

It doesn't take a lot of work, money or time to demonstrate kindness to others. Showing kindness is simply about being friendly and showing others you care. You can be kind just by doing small and simple things throughout the day!

*Write "Small Acts of Kindness" on the board. Ask students to share what they think this means.*

A small act of kindness is something that you do for others to brighten their day and spread happiness. Acts of kindness are all about doing something nice for someone else without expecting anything in return. There are many ways you can show small acts of kindness both in and outside of school!



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Let's take a look at some of them! *Write on the board.*

- Write an encouraging letter or note to a classmate
- Hold the door for someone
- Give high-fives to a friend
- Say thank you to your classmates and teachers
- Offer a hug or a big smile to someone who needs it!
- Help someone tie their shoes
- Pay someone a compliment
- Share a snack with someone
- Let someone else go ahead of you in line
- Tell someone they're awesome!

**Ask:** what are some other ways that you can spread kindness throughout your school and at home? *Write ideas on the board.*

\*Best Practice: Have students pair up in small groups and brainstorm ideas of ways they can spread kindness both in and outside of school and share with the class.

### **Activity: Kindness Bingo!**

**Materials:** Kindness bingo card (1 per student) Crayons or colored pencils

**Time:** 10 minutes

Hand out a Kindness bingo card to each student. Explain that in order to encourage us to promote kindness and inclusion throughout the school and at home, we will be using this Kindness Bingo activity. Every time you do one of the small acts of kindness listed on the sheet, you can check it off or color in the box. Encourage students to fill out the whole sheet within the month!

Best Practice: Offer a small prize for completing the sheet such as friendship stickers, pencils, etc. Offer a few minutes if time permits, for students to complete some of the items on the sheet.

### **World Kindness Day!**

This month, not only are we going to talk about the importance of being kind, we are also going to celebrate it with World Kindness Day on November 13<sup>th</sup>. World Kindness Day is celebrated annually, with the mission of creating a kinder world by inspiring individuals, communities and organizations to pledge acts of kindness.

While each of us should work to spread kindness to everyone, every day, November 13<sup>th</sup> gives us the opportunity to all come together, from all over the world to bring greater awareness to the importance of treating others with respect and care.

### **World Kindness Day Activities** *Select 1-2 of the following activities*

#### **Activity: Kindness Posters**

**Materials:** Assorted paper, markers, colored pencils, crayons

**Time:** 20 minutes

Pair up the class in groups of 3-4 students hand out materials to each group.

Explain that In order to promote World Kindness Day, we are going to make colorful posters to hang throughout the classroom and school! These can be pictures of students lending a helping hand to one another, posters that read "Happy World Kindness Day," or even posters with creative sayings such as "Kindness is Free" or "Choose Kindness Always" or make up your own saying!

Visit: <https://www.randomactsofkindness.org/world-kindness-day> for more kindness quotes!

#### **Activity: Kindness Chain** (To implement throughout the classroom or entire school)

**Materials:** Colored paper cut into strips (enough for each child to have a piece.) Markers

**Time:** 10 minutes

In order to promote kindness throughout the school, start a Kindness paper chain! Have students write down their names on a piece of paper and one way they will demonstrate kindness this month. (*i.e. tell a friend they are special, Say 'Thank you' more, invite students to eat lunch with you, help clean the classroom.*) Encourage



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kids to continue to add to the chain after they perform an act of kindness. See how long you can grow the chain to show how we are linked together by kindness!

**Best Practices:** Set up a table at lunch for students to write down their own kindness pledge to attach to the kindness paper chain. You can even encourage teachers in other classrooms to have students engage in this activity. Connect the chain links from each classroom and hang them throughout the school! Encourage teachers & parents to get involved in it as well!

### **Activity: Compliment Cards!**

**Materials:** Post-It Notes, Markers or pens

**Time:** 5-10 minutes

Hand out a few post-notes to each student. Invite students to write words of encouragement or compliments on a sticky note and stick it to a classmate's locker or back pack! This activity can be done throughout the month of November. Encourage students to leave kind messages for their peers who could use some encouragement!

\*Best Practice: have students pick names out of a jar to ensure every student receives a compliment card.

### **Activity: Kindness Rocks!**

**Materials:** Assorted small rocks, paint, paint brushes, smocks

**Time:** 25-30 minutes

Have students paint kind words on assorted sizes of rocks that promote kindness!

(I.e. "You matter" "You rock!" "Be Kind," "Be inclusive," "love others")

#### Ideas for how to utilize the painted rocks:

- Create a rock garden within the classroom for students to look at and remember to spread kindness
- Have students give away their painted rock to another student or teacher
- Display the rocks throughout the school
- Encourage students to leave a kindness rock throughout their community to spread awareness (i.e. beaches, a park, library, garden, and cafe)

### **Wrap Up**

**Time:** 3 minutes

While we dedicate November 13<sup>th</sup> as a day to celebrate and bring awareness to World Kindness Day, it is important to know that we can celebrate kindness, every day! Showing small acts of kindness to our family, friends, teachers, classmates and even people we don't know, can make this world a more positive, kind and loving place.

Close out the lesson by having a student lead the class in the Best Buddies cheer and encourage students to practice kindness and inclusion within their relationships with others, school and community.

### **Suggested Reading Materials:**

*The Invisible Boy* – By Tracy Ludwig, Illustrated by Patrice Barton

*How Full is your Bucket* – By Tom Rath and Mary Reckmeyer, Illustrated by Maurie J. Manning

*Have You filled a Bucket Today?* – By Carol McCloud, illustrated by David Messing