

## Objective

By the end of this lesson, Jack will understand the importance of kindness, how it can be shown in everyday life, and he will create a kindness plan to share kindness with others.

## Materials and Prep

- Paper
- Pencil or crayons
- Optional: Stickers or stamps for rewards

Before the lesson, think about examples of kindness you have seen or experienced. This will help Jack relate to the activities better.

## Activities

- **Kindness Storytime:**

Read a short story about kindness together. Discuss the characters and how they showed kindness to one another.

- **Kindness Jar:**

Jack will create a kindness jar. He can decorate it with drawings or stickers and write down kind acts he wants to do on pieces of paper to put in the jar.

- **Kindness Role Play:**

Act out different scenarios where someone can show kindness. For example, helping a friend or sharing a toy. Jack can take turns being the helper and the person needing help.

- **Kindness Plan:**

Jack will create a simple plan of three kind acts he can do this week, like helping a neighbor or complimenting a friend.

## Talking Points

- "What does kindness mean to you?"
- "Can you think of a time when someone was kind to you? How did it make you feel?"
- "Why do you think being kind is important?"
- "How can we show kindness to our family and friends?"
- "What are some small things we can do to be kind every day?"
- "How do you feel when you do something kind for someone else?"
- "Let's make a list of kind things you can do this week!"