

# The Superpower of Kindness: Understanding Our World

## Materials Needed:

- A clear jar (like a large pickle or mason jar)
- Paper (construction paper and plain white paper)
- Scissors (child-safe)
- Markers, crayons, or colored pencils
- Glue or tape
- About 20 index cards or small squares of paper
- Two small baskets or boxes, labeled "Need" and "Want"

## Learning Objectives:

By the end of this lesson, Ryzer will be able to:

- Explain the difference between a "need" (like food and a safe home) and a "want" (like a new toy) in his own words.
- Identify that love, safety, and kindness are important needs for everyone.
- Create a "Kindness Jar" with at least three actionable ideas for helping or showing kindness to others.

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## Lesson Activities

### Part 1: Let's Talk About the Movie (10 minutes)

The goal of this chat is to understand Ryzer's feelings and thoughts. Focus on empathy, not pity. Keep it gentle and reassuring.

1. Start by saying, "I've been thinking about that documentary we watched. What part of it do you remember the most?"
2. Listen carefully to his response. Ask gentle follow-up questions like:
  - "How do you think the kids in the movie were feeling?"
  - "What did you see that was different from our family? What was the same?" (Focus on universal things like playing, loving their family, etc.)
  - "It can feel sad to see someone struggling. It also shows us how strong and creative people can be. Did you see any moments where the kids were being really brave or resourceful?"
3. Conclude by saying, "It's really important to understand how other people live. It helps us grow a kind and strong heart. Today, we're going to turn those big feelings into a superpower: the superpower of kindness!"

### Part 2: The Needs & Wants Sorting Game (15 minutes)

This activity helps make the abstract concept of poverty concrete and understandable for a 7-year-old.

#### Preparation:

Before the lesson, create the sorting cards. On each index card, write or draw one of the following

items:

- **Needs:** Healthy Food, Water, A Safe Home, Blankets, Medicine, Family, Love, Shoes, School, A Hug
- **Wants:** A New Video Game, Candy, A Toy Robot, A Trip to an Amusement Park, A New Bike, Ice Cream, A Big TV, Fancy Clothes, A Tablet, A Pet Dragon

### How to Play:

1. Place the two labeled baskets ("Need" and "Want") on the floor.
2. Explain the difference: "A **need** is something we all must have to be safe and healthy, like food and a home. A **want** is something that is fun to have, but we'd be okay without it, like a new toy."
3. Hand Ryzer the stack of cards. Have him pick one card at a time.
4. He should say the item out loud and decide if it's a need or a want, then place it in the correct basket.
5. Discuss his choices. If he puts "Love" in the "Need" basket, praise him! "You are so right! Love is one of the most important needs for everyone to feel safe and happy."

### Part 3: What Makes a Home Happy? (10 minutes)

This activity shifts the focus from material possessions to the emotional core of a happy life, reinforcing that things don't define happiness.

1. Give Ryzer a blank piece of paper and coloring supplies.
2. Ask him: "Let's forget about all the 'stuff' for a minute. Can you draw a picture of what makes a home feel happy and safe? It doesn't have to be things you can buy."
3. Encourage ideas like drawing family members hugging, reading a book together, laughing, or playing a game.
4. When he is finished, ask him to tell you about his drawing. This helps him articulate that love, safety, and connection are the true foundation of a happy home.

### Part 4: Ryzer's Kindness Jar Project (15 minutes)

This is the core of the lesson, turning understanding into positive action. It gives Ryzer a sense of agency and shows him that even small actions can make a big difference.

#### Instructions:

1. Present the empty jar. Say, "This is going to be our Kindness Jar! We're going to fill it with ideas for using our superpower of kindness to make the world a little brighter."
2. Help Ryzer decorate the jar. He can create a label that says "Ryzer's Kindness Jar" or "Our Superpower Jar."
3. Brainstorm ideas for acts of kindness together. Start with simple, achievable things. Write or draw each idea on a separate slip of paper. Examples:
  - Share a toy with a friend.
  - Help make dinner without being asked.
  - Draw a cheerful picture for a neighbor.
  - Donate old books or toys that are in good condition.
  - Give someone in our family an extra-long hug.
  - Help carry in the groceries.
  - Tell someone why you are thankful for them.
4. Have Ryzer fold up the slips of paper and fill the jar.

## Wrapping Up & Assessment

Hold the finished Kindness Jar and say, "Look at this! You filled this jar with amazing ideas. Watching that movie gave us some big feelings, and you've turned them into a real plan for being kind and helpful. That is a true superpower."

Assess his understanding by asking: "Can you tell me one 'need' that every kid in the world has? And one 'want'?" His ability to distinguish between the two and the creation of his kindness ideas will show he has met the learning objectives.

## How to Use the Kindness Jar

Once a week (or whenever you feel it's needed), have Ryzer pull an idea from the jar. Then, work together as a family to complete that act of kindness. This extends the lesson's impact far beyond one day.