



LESSON PLAN: GARDEN OF KINDNESS

OVERVIEW: This lesson provides an opportunity for students to work collaboratively to create a classroom or school-wide display to demonstrate their commitment to kindness.

OBJECTIVES:

- Students will be able to explain how kindness can be used as a tool to end name-calling in schools.
- Students will develop a campaign to raise awareness of the importance of kindness as a tool to end name-calling in schools.

AGE/EXPERIENCE LEVEL: Adaptable for K-5

TIME: 1-2 class sessions, 30-45 minutes each

MATERIALS; Construction paper, safety-scissors, markers, crayons, tape and glue.
Optional: Glitter and paint

PROCEDURE: Note that When working with younger students, cut flower templates out of construction paper before starting activity with students.

Begin the activity by discussing kindness as a way to end name-calling and bullying in schools using the following questions:

- Is name-calling and bullying mean, or nice?
- Do you like it when other students are mean to you?
- Are you mean to other students?
- What would it look like if everyone were kind to everyone else?
Would there still be name-calling or bullying?
How can we make this happen?

Tell the students that they will be making a kindness garden to show to school what being kind can look like. Have students cut their flowers out of construction paper or provide them with flowers you have already cut out. Ask the students to draw or write something kind they have recently done or witnessed, or why they feel it is important to be kind to one another. After students have decorated their flowers, ask them to share with the rest of the class. Once everyone has shared, you can display the flowers in the classroom or the school's cafeteria or library, creating a Garden of Kindness to show other students the importance of being kind.

This lesson suggested by Jeanine Rousso from Springdale Park Elementary School, Georgia