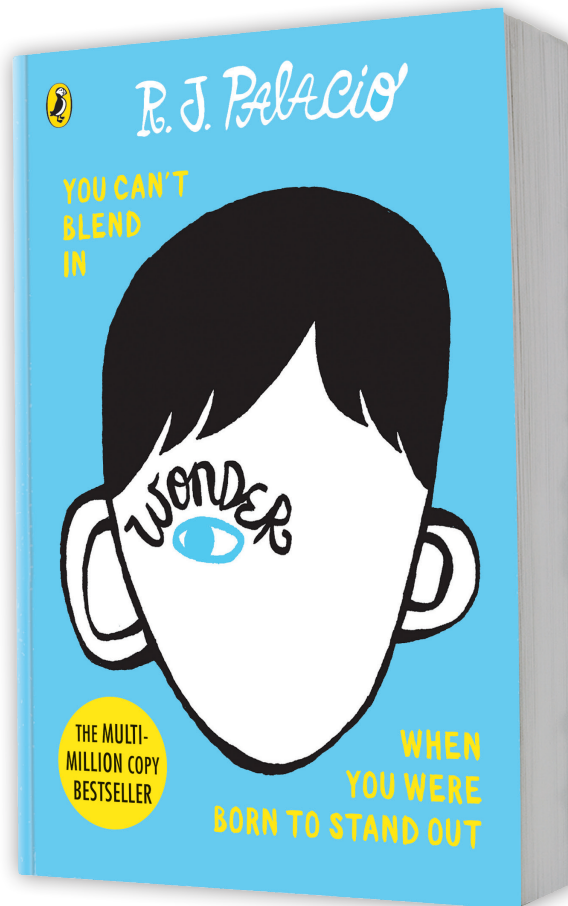


#ChooseKind In the Classroom



Wonder Back to School Teaching Resources



Four activities for ages 8+

Kind Words • Kindness Postcards •
Kindness Bingo • Kindness Diary

Explores themes of:

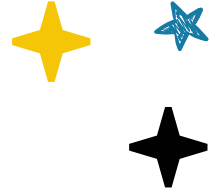
Kindness, Community, Friendship, Wellbeing, Emotional Literacy

Subject checklist:

Literacy, PSHE, Citizenship, Art, Design & Technology

Activity 1:

Kindness Thesaurus



“Kind words do not cost much. Yet they accomplish much.”
—Blaise Pascal (Mr Browne’s Precepts, p. 311)

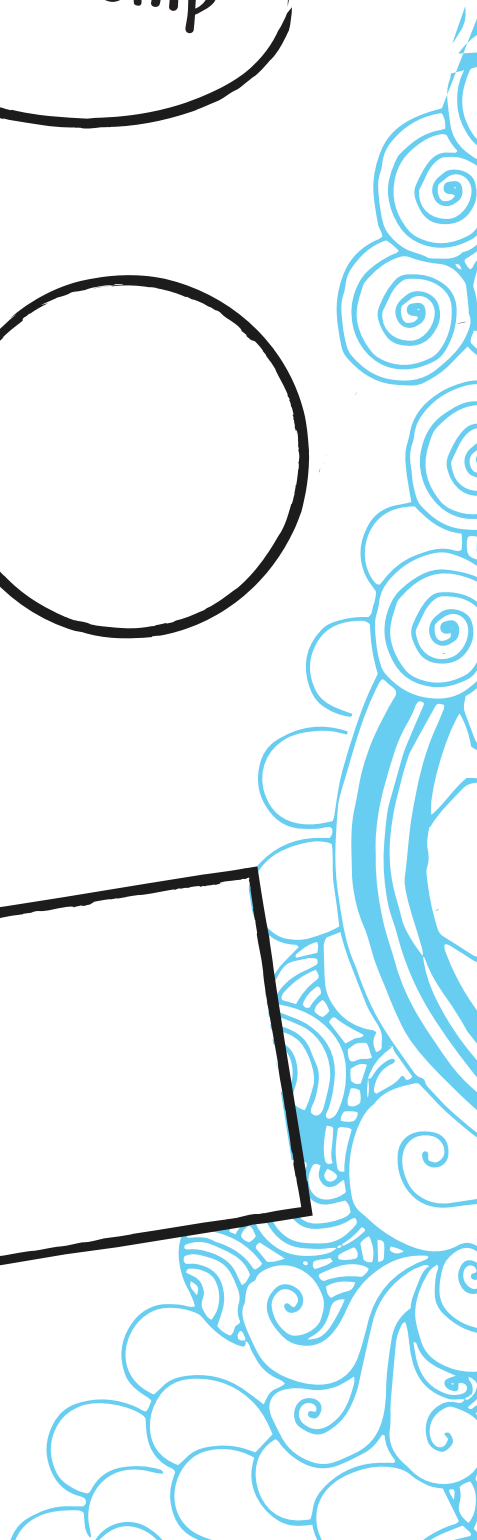
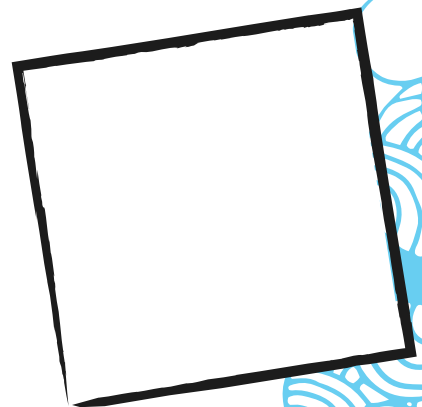
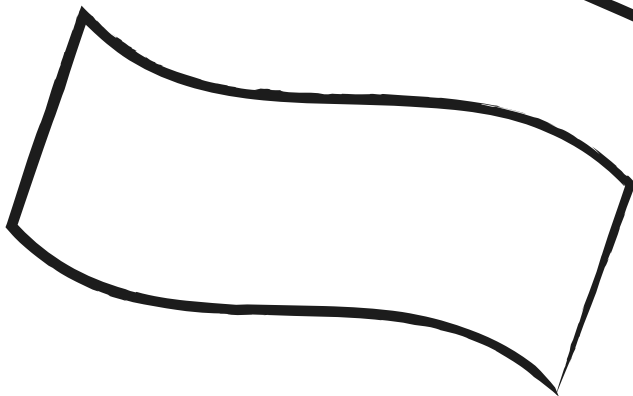
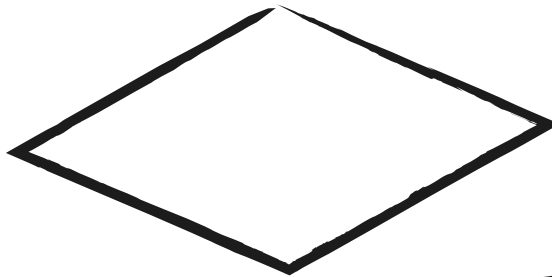
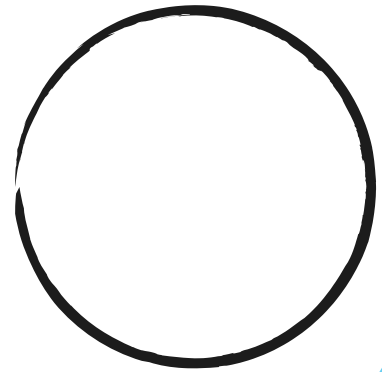
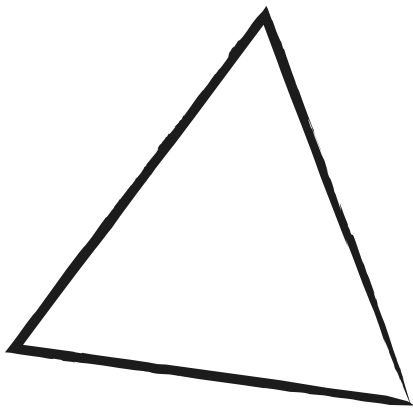
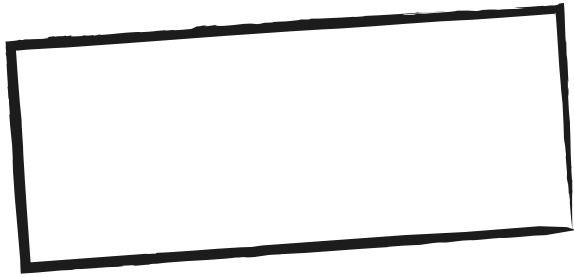
- What does Blaise Pascal mean when he says: “*Kind words do not cost much. Yet they accomplish much*”? Discuss this statement with one of your classmates.
- What can “kind words” accomplish? Do you have any experiences in your life where kind words have helped you or helped someone close to you?
- One of the main themes in *Wonder* is the theme of kindness. In the boxes on the next page, try to write down as many words relating to ‘kindness’ as you can. Some have already been written down to help you.
- Make your list into a visual thesaurus entry. You might want to write all your words using different colours, or you might want to write them in different shapes and sizes. Some words might run vertically, some horizontally, and some at different angles. Some might form a larger image, or be written inside a symbol – for example a heart.
- Another option is to type all of your words using different fonts, colours, sizes and effects. Then you can print your work, cut out the words, and stick them down in a collage.
- The third option is to work together as a class, each of you choosing one word to create and decorate. Then you can join all of your words together in a classroom kindness display! That way, your thesaurus will always be on show to remind you to *choose kind*.



Activity 1: Kindness Thesaurus

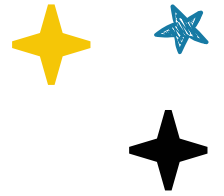


Create a list of kind words



Activity 2:

Kindness Postcard

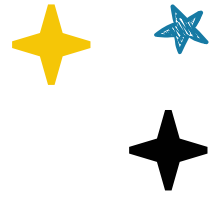


"Kinder than is necessary. Because it's not enough to be kind. One should be kinder than needed. Why I love that line, that concept, is that it reminds me that we carry with us, as human beings, not just the capacity to be kind, but the very choice of kindness. (p. 300)

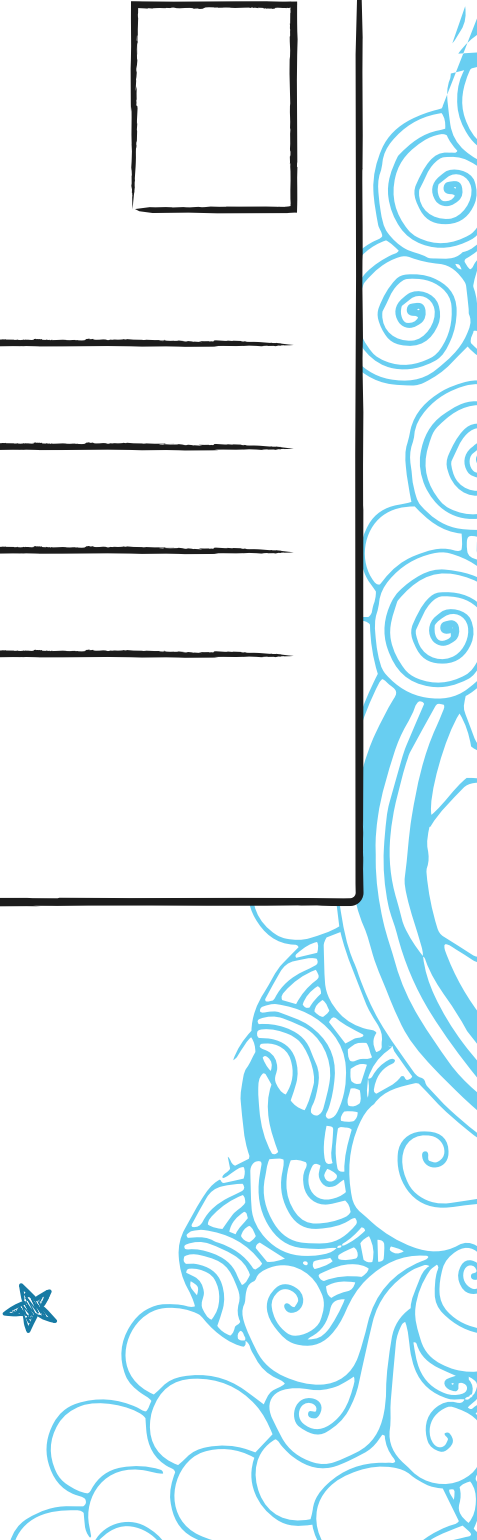
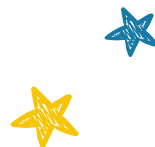
- Why is it "*not enough to be kind*"? What does Mr. Tushman mean when he says that human beings carry with them "*the very choice of kindness*"?
- Can you think of a time when you chose kind? Describe it to a friend or classmate. What motivated you to be kind? What was the impact of your kindness?
- Think about someone in your family, your friendship group, or your class. You may even want to think of someone else, for example someone who is an elderly relative, or someone who lives alone.
- Consider the challenges that your chosen person faces in their daily life, from the very small things to the bigger things. You might want to note down your ideas by drawing a volcano-shaped diagram, listing the different challenges in order from small, to big.
- Write a Kindness Postcard to brighten your person's day and help them feel more connected to the community. On the back of the postcard, draw a picture of something that will make your chosen person smile.
- Finally, find a bucket or a box and place it in the centre of your classroom. This is your new Kindness Bucket! If you are comfortable sharing your work, place all of your Kindness Postcards into the bucket. Take turns to choose one and to read aloud the kind messages. Afterwards, reflect on how taking part in this activity has made you feel. Has it had an impact on your wellbeing?



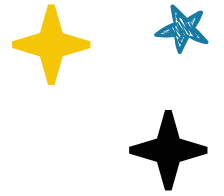
Activity 2: Kindness Postcard



Write a Postcard to brighten someone's day

A large rectangular box representing a postcard template. The left side is a large blank area for a drawing. The right side is divided into a small square for an address and four horizontal lines for a message.

Activity 3: Kindness Bingo

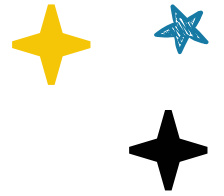


“How do we know we’ve been kind? What is being kind, anyway?” (p. 300)

- “*What is being kind, anyway?*” Make a list of ways you can be kind on a daily basis.
- Look at some of the acts of kindness included on the next page. Rank them in order from 1–10, with 1 being the act of kindness that you carry out the most, and 10 being the act of kindness that you carry out the least. Reflect on each of the acts of kindness; what is the impact of each act?
- Then, fill in the Kindness Bingo sheet with your favourite daily acts of kindness. As a class, can you complete all of them in one week?



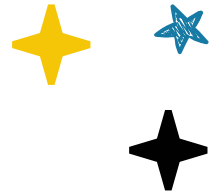
Activity 3: Kindness Bingo



Act of Kindness	Rank 1-10	Reflections	Impact
Cleaning up after someone			
Complimenting someone			
Letting someone go ahead of you in a queue			
Introducing yourself to someone new			
Helping your parents with the shopping			
Waving to a friend			
Inviting someone to play with you			
Thanking someone who has helped you			
Being patient with a classmate			
Doing something nice for a friend			



Activity 3: Kindness Bingo



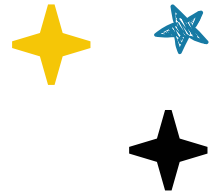
Write acts of kindness in each square.
Your challenge is to complete all of them in one week.

e.g Clean up after someone			



Activity 4:

Kindness Diary



"When given the choice between being right or being kind, choose kind."
— Dr. Wayne W. Dyer (Mr. Browne's Precepts p. 311)

- Thinking about everything that you have learned from reading *Wonder*, how will you "choose kind" from now on?
- Who in your class has impressed you with their random acts of kindness? Who won the Kindness Bingo Challenge? Create a classroom award ceremony in which you congratulate those who have been especially generous and kind recently.
- How can you ensure that you continue to show kindness to those around you? What can you do to pledge that you will always "choose kind"? Use the diary template below to record your week. Try to carry out a least one act of kindness every day. When you have finished, reflect on your week and how your acts of kindness made you feel.
- Keep this diary for as long as possible, seeing how you improve through time, and whether your acts of kindness gradually have a bigger and bigger impact not just on those around you, but on your own personal wellbeing.

Activity 4: Kindness Diary



Try to choose kind at least once every day, every week.
Keep a record of your acts of kindness.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

