



Educator Guide: Kindness Video Lesson

Recommended for Grades:

4th

Time:

9 minutes

National Health Education Standards:

This lesson aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson, students will be able to:

1. Describe two ways to show kindness throughout the day.
2. Describe at least two qualities of a good friend.

Lesson Description:

The Kindness Video Lesson teaches students that they have the power to stop bullying before it even occurs ... with kindness. Students will hear from kids their age talking about what kindness and friendship means to them. Hopefully this video-based lesson will inspire students to spread kindness throughout their day.



Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. What is a way to show kindness? Choose two.
 - a. **Give someone a compliment.**
 - b. Laugh when a classmate makes a mistake.
 - c. Let a friend copy your work.
 - d. **Say hi.**

2. What is a quality of a good friend? Choose two.
 - a. Selfish.
 - b. **Kind**
 - c. **Honest**
 - d. Unreliable

Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Kindness Video Lesson. You may choose to use this list in any way that fits your needs.

- Bullying – mean, or hurtful behavior done on purpose to make someone feel bad or unsafe (bullying is intentional, usually repeated over time and there is an imbalance of power)
- Friend – a person you know well and you enjoy spending time with
- Kindness – the quality of being friendly, generous, considerate and compassionate, defined by intentional, voluntary acts that benefit others without expecting a reward



Friendship Video Lesson: Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you work through the Friendship Video Lesson.

1. What are two ways to show kindness that are talked about in the lesson?

a. _____

b. _____

2. Why are two qualities of a good friend that were talked about in the lesson?

a. _____

b. _____

3. Can you describe a time when you showed kindness to someone?

4. What do you look for in a good friend?



Friendship Video Lesson: Worksheet Answer Key

1. What are two ways to show kindness that were talked about in the lesson?

Answers will vary, but could include: saying hi, giving high five, helping, including others, showing respect etc.

2. Why are two qualities of a good friend that were talked about in the lesson?

Answers will vary, but could include: honesty, respectful, funny, silly, kind, caring, trustworthy, nice etc.

3. Can you describe a time when you showed kindness to someone?

Answers will vary.

4. What do you look for in a good friend?

Answers will vary.

Supplemental Activity: Kindness Wall

Objectives:

After completing this activity, students will be able to:

- Demonstrate at least two ways to show kindness at school.
- Create a space within the classroom (or school) to highlight ways students show kindness to each other.

Materials Needed:

- Materials to create a display area
- Sticky notes (Post-its)

Time Required:

30 minutes

Instructions:

Create a Kindness Wall where students can post sticky notes with kind acts they've witnessed. This can be done in your classroom or in a place within the school where students outside of your classroom can participate too. Encourage students to be creative with the wall. For example, they could create a tree and the sticky notes could be the leaves.

Brainstorm with students the many different ways they can show kindness every day. Discuss with students how they feel when they are kind to someone. How do they think the person who is receiving the act of kindness feels? How does kindness make their school a better place?

Have fun with this activity. Weave brief discussions about kindness into your weeks. Try to keep kindness alive in your classroom throughout the year. Feel free to take it a step further and discuss ways students can show kindness outside of school too...to siblings, other family members, animals etc.



Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Ways to Show Kindness

Kindness means caring about others and helping make their day better. Kindness helps everyone learn and feel safe.

Even small actions can make a big difference!

At School:

- Include others in games and group work.
- Use kind words (no teasing or name-calling).
- Help a classmate who is struggling.
- Say “good morning” or smile at others.
- Stand up for someone who is not being treated fairly.
- Invite someone who is alone to join you at recess or lunch.
- Give a compliment to a classmate or teacher.

You can show kindness to your family every day!

At Home:

- Help clean up without being asked.
- Say “please” and “thank you”.
- Share toys, games or snacks.
- Give a hug or say something nice.
- Help a sibling with homework or chores.
- Listen when someone is talking.

You can spread kindness wherever you go!

In Your Community:

- Hold a door open for someone.
- Say “hello” to neighbors.
- Write thank-you notes (teachers, helpers etc.).
- Donate toys, books or clothes you no longer need.
- Be respectful in public places.



Transcript

Ashton: Hey there. I'm Ashton.

Dayeliz: And I'm Dayeliz. Did you know you have the power to stop bullying before it even happens?

Ashton: It's true, and no superpowers needed, just a little kindness.

Dayeliz: There are lots of ways to show kindness to others. You can show it with your words, your actions, and by being thoughtful around others. You can show it at school, at home, or anywhere.

Ashton: That's right. You could compliment a classmate's drawing, or you could invite someone to join your game at recess. Simple things like saying hi, encouraging others, and being helpful are all ways to show kindness.

Dayeliz: We caught up with some students and asked them to share what kindness means to them. Here's what they had to say.

Various student responses:

Kindness means things like umm help one another, umm being respectful, and using your manners.

Umm, I would say it's like just in general, like I like maybe say hi to people and say like, "How are you?" And like when if they get hurt or sad or something, I say, "Are you okay?" Yeah.

Maybe just like waving to people, saying like, "How are you doing?" And just trying to be really nice to them.

I see kids show kindness outside in school because I used to sit down by myself, and now I play dodgeball with people.

Kids my age like show kindness by like playing with each other at recess and like helping each other, being funny when someone's sad.

Kindness it's hard to explain because there's a lot of like different types of kindness.

Kindness means, to me, honest, umm sweet, caring, all of that stuff.



I see a lot of kids my age in hallways, like when someone is coming like from getting dropped off, uh they run and hug them, say hi. Umm in gym, like we say, "Good game," "Good job. uh you did great."

Kindness means like respecting people no matter how they look, and helping people when they like need it, and just always doing the right thing.

Uh one way I see kindness or like seeing other people be kind is when they like include people in playing games and stuff outside at recess, like umm inviting them to play basketball, volleyball, four square, and things like that.

Like probably inviting umm friends to play or like giving high fives or like umm yeah usually like just good comments.

A way to show kindness is umm standing up for someone.

Kindness is like when you do something good for someone.

It just means like umm caring for people, doing kind things, umm having grace, and yeah.

Kindness means that you're doing something nice to someone, and like if they are upset, you comfort them.

To me, kindness means like a way of actions of like being nice to somebody or showing empathy, and umm in general, just being like a person who cares.

If someone falls down, help them back up, and if somebody's having trouble with their work, help them with it.

If someone's like sitting alone by themselves, you could always go and like play with them and ask if they want to do something with you.

Like just say good morning to people in general. Like ... just be nice.

Ashton: Those are some amazing kids who really know what it means to be kind.

Dayeliz: They sure are, and kindness is a big part of being a good friend. A good friend listens when you talk, and they're honest with you. They tell you the truth, even when



that might be hard. Honesty helps friends trust each other. Friends will cheer you on and help you when you need it.

Ashton: Let's see what those students had to say when we asked them what makes a good friend.

Various student responses:

Someone who makes a good friend is like, they have to be like respectful, polite, and positive attitudes.

Umm, nice, funny, sometimes silly. Umm, cares about you and other people.

I think a good friend to me is if they are like loyal to you, like they like don't tell anything that you don't want them to. They're kind. They're uh maybe funny, and they'll like be there when you need it.

Somebody who you can trust, somebody who you know that they're always going to keep secrets even though they're not that important, and always tell the truth.

Umm, a good friend is someone that is like there when you need it. Uh...I think that's what a good friend is.

A good friend is someone who is nice to you and funny, umm and who helps you and is very kind.

Umm, I look for umm funny and weird people, and people that are kind and not mean.

I look for like someone that is not like scared to be their selves around me, or I'm not scared to be myself around them.

Friendship means to me that like they like respect what you like. They don't say like what you eat or what you wear looks bad. Umm and just having your back and being loyal and trustworthy.

A good friend is someone who sticks out for each other and always be there when they need it the most.

Someone who is always there for you and doesn't make you feel like you don't belong.

They're always there for you and always nice to you and don't exclude you from anything.



Umm someone nice, caring. Umm someone that is there for you when you have like problems at home or like mentally. Someone that is also like, you know, always there when you like need it, always. Someone by your side.

I look for like if we have the same vibe and if we can like vibe together and we like the same things.

Someone who you can laugh with and grow with is always like great. Umm, and if you have like a bunch of different things in common, that's also really good.

For me, like a good friend is someone who is like funny and nice and kind and like always like making me feel good about myself.

A good friend to me is like when they're there for you, when like you feel comfortable talking to them about something. When even when you feel like you don't need them, they're still right behind you.

Graham, I moved to this block when I was super young, and then they moved, and like at first glance, I was like, "We got to be best friends." Because he was he was super nice. Graham was funny. He still is funny. He's everything you could need in a best friend.

Ashton: It sounds like they have a solid understanding of what makes a good friend. Being kind and being a good friend can help make your school a better place.

Dayeliz: So remember, you've got kindness and friendship superpowers. Use them every day to make your classroom and the world a better place.



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