



Teaching Truth - Empowering Kids to Shine

When I'm shining with

KINDNESS

Teaching Tips and Activities





Hello and welcome to the Kids Light Up 'Teaching Tips and Activities' on KINDNESS.

When teaching children about kindness its helpful to be clear and state what it is and what it looks like, AND what it isn't! Kindness IS about treating others the way I like to be treated.

It is generous, helpful, friendly and caring. It is NOT selfish, rude nor does it put people down or hurt people on purpose.

Little children can feel strong emotions and yet not really know how to identify those emotions or know what to do about them. Because these emotions are strong their reaction usually matches it, sometimes with a punch or an unkind word! This is where our phrase "**Stop, look, think and speak!**" can be used as a quick reminder of what to do when situations arise. This phrase can be a helpful in teaching children what to say in the moment. **Stop** is where we catch ourselves, and breathe so that we can kick start our brain into right action. Once we can **think** things through, we can appreciate what we are feeling. We are then more able to look at the situation or friend and begin to build an understanding of what the other person may be feeling. Empathy for others is vital for being kind, as kindness is an action towards another person or living thing. Having empathy is difficult for young children, due to an egocentrically innate disposition, a natural part of childhood. It is the responsibility of adults to gently expand the ego circle around the child to include others. By directing children to **look** at the person concerned will help, as faces give clues as to the emotion being expressed. The last part is to empower children to **speak**, to verbalise feelings or what has gone wrong. Giving children specific phrases to use with others in play, such as, "When you've finished can I have a turn?" or "Stop, I don't like it when you chase me" can be helpful and scaffolds their learning in these situations. We help children articulate what is happening or what they are feeling. We want to teach children that words are powerful.

Teaching Tips:

- Use everyday items to challenge children to think of a way to use it for kindness:
 - Crayon/pencil- draw a picture/write a letter for someone
 - Craft materials- make something for someone
 - Toy- take turns with a friend
 - Book – look at pictures together
 - Chair- ask someone to sit with you



- Teach children to use kind and friendly words and phrases. When we repeat phrases over and over children have a greater ability to use them for speaking instead of hitting or taking. Give children an action such as hold up their hand, and say, "Stop, I don't like it when you...". Helping children to articulate and build vocabulary about a problem can be very powerful. Remember the child is not the problem; the problem is the problem! Dramatise pretend situations together; it is not only fun, but also a form of practising this important skill.
- Teach specific simple social skills. Even when children are very little, we can encourage the skill to greet other people in a friendly way. To look, smile and say hello is a vital skill for being confident and competent to play well with others. Model it to children; practise it with familiar adults and peers.
- Play 'guess what I'm feeling' games with each other and with a mirror. Children do not automatically recognise emotions on their or other people's faces. Challenge children to show an angry, happy and sad face to show them what it looks like. Later, you can include more complex emotions such as surprise, excitement, or fear.
- Build social skill phrases that children can use, such as, "Can I play with you?" "What are you playing?" "Let's build a tower!" "Can I have a turn after you?" "Wow, you can ride very fast!" You can do this when you are spending time and playing together. Insert the phrases as appropriate, modelling and teaching purposefully through playful episodes.
- Give children opportunities to be helpful. Include them in the shopping, washing and other daily chores. Children who have these opportunities learn what helpful actions are, and generally children love to help! For example: Children can set the table for the evening family meal. By participating in this exercise children learn their importance in the family. When shopping, have children get the packet from the bottom shelf, and another from the middle shelf in the supermarket. Suddenly we have positional language learning experience, which is the building blocks of pre-mathematics learning. It is also a confidence building and inclusive activity to do together.

The activities focus on discovering ways of showing KINDNESS.

These resources can be used with one child, your family members, a small group or a whole class.



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1. **Showing KINDNESS to others**

1.1 Activity

Read the words on the poster (1.2) together.

Talk about how you like to be treated.

How would you like KINDNESS to be shown to you?

What can you do for others that shows KINDNESS?

- Offer to help with chores?
- Ask someone to play with you?
- Using KIND words?
- Make a card or gift for someone?



1. Showing KINDNESS to others

1.2 Poster

When I'm shining with KINDNESS

I think carefully

I choose to treat others

How I hope they'll treat me



1. Showing KINDNESS to others
1.3 Activity

Draw and write.

I am KIND when...



1. Showing KINDNESS to others

1.4 Activity – Salt Dough Beads



Make some salt dough and roll into balls. Put a straw through each one to create a hole. Bake as per instructions. Paint and decorate. Make into a bracelet, necklace or decorative hanging to give to a friend.

Salt Dough Recipe

2 cups plain flour

1 cup of salt

1 cup of water

Mix flour and salt in a bowl together. Gradually add the water until a smooth and easy to handle. Pre-heat oven to 250F (120C) Form dough into shapes and arrange on a baking sheet. Bake in the oven until dry and hard, about 2 hours. Allow to cool.



1. Showing **KINDNESS** to others

1.5 Activity – KINDNESS rocks

KINDNESS rocks are a fun activity to do with children that creates opportunities for random acts of KINDNESS! Go on a scavenger hunt for some rocks, looking for ones that have a smooth side. Paint them up with beautiful colours and positive words. Spray with outdoor sealant to protect them from the elements. Go for a walk around your neighbourhood and plant the rocks where passers-by will see them. It's amazing how many people will be reached with these little acts of KINDNESS and inspiration.



2. Acts of KINDNESS

2.1 What does KINDNESS look like? Poster

Smile and say hello.



Help tidy up.



Say thank you
and please.



Make a gift
or drawing
for someone.



Make someone
Smile.



Encourage a
friend.



2. Acts of KINDNESS

2.2 Activity

Begin by reading 'When I'm Shining with KINDNESS'. Talk about what is happening in the illustrations. Ask some questions like:

What does being KIND look like?

How can you show KINDNESS to others?

How do you feel when someone is KIND?

Look at the Poster (2.1) together. You may like to print it out on A3 sized paper. Discuss opportunities for when children can show KINDNESS to others. Children may add their own suggestions. Write them on the poster.

Introduce the 'Shine your light' tickets (2.3). Print and cut out. The idea is for children to notice themselves or others 'Shining with KINDNESS' during the day.

Children may come to you with things they have noticed, or you may set up a discussion at the end of the day for the children to talk about who they noticed shining with KINDNESS. Write the child's name at the top of the note, then include what they did to 'Shine with KINDNESS'.

You can keep adding in subsequent days to the poster. Alternatively, you could put them in a giant KINDNESS jar, or place them on a tree or a vine display on the wall.



2. Acts of KINDNESS

2.3 'Shine your light' tickets



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KINDNESS

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