

# MindUP Lesson 14

Performing Acts of Kindness

Grades: 3-5

**Lesson 14: Performing Acts of Kindness** is the fourteenth video in a virtual series of MindUP programming for the 2020-2021 academic year. Based in neuroscience, MindUP teaches the skills and knowledge children need to manage stress, regulate emotions and face challenges with optimism, resilience and compassion.

**Length of Lesson:** 10 minutes including worksheet

**Objectives:** In this lesson, students will reflect on times when people have shown kindness to them; they will talk about how it feels to receive it, and also discuss ways they can share that same kindness with others.

## Materials:

- Performing Acts of Kindness Worksheet
- Pen or pencil

**Preparation:** Have child sitting at a desk or table before starting the lesson.

## Performing Acts of Kindness at Home:

Acts of kindness are mindful choices that are intended to help another individual. When we receive acts of kindness, not only is our mood lifted, but we are reminded that we can act in the same way to help, encourage or comfort someone else. Acts of kindness also cultivate shared happiness and interconnectedness to a group, community or place. The more children practice these kinds of actions, the more they will build their compassion and empathy skills, which will help them recognize their ability to have an impact on others. Below you'll find some activities that you can do with your kids to practice performing acts of kindness:

- *Speech Balloons:* Have children draw a picture of someone who is sad or upset. Ask them what the person says and write it in a speech balloon. Then have children draw a picture of themselves being kind to the person. Record their dialogue in a speech balloon.
- *Smile Poems:* Encourage your child to smile more one day and tell them to notice what happens. Then have them write a poem about what a powerful tool a smile is.
- *Three Acts of Kindness:* Set a goal with your child to perform three acts of kindness throughout the day or week. They can be as simple as smiling at someone new, giving someone a compliment or acknowledging a person's work.

## REFERENCE

- The Hawn Foundation. (2011). *The MindUP Curriculum Grades Pre-K - 2: Brain-Focused Strategies for Learning and Living* (pg. 102-109). New York, NY: Scholastic.