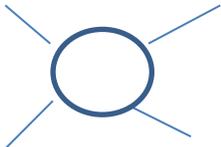


# Morning Meeting K-5

Unit 4 Week 1

| Weekly Focus             |   |   |  |                        |
|--------------------------|---|---|--|------------------------|
| Acts of Kindness         |   |   |  |                        |
|                          | Day 1                                       | Day 2   | Day 3  | Day 4                  |
| <b>Daily Concept</b>     | It's good to be kind                        | Choose kindness   | Be Kind hand signal                                | Spread the JOY         |
| <b>Questions to Ask</b>  | How can being kind help us and help others? | In what ways can we choose kindness when we see someone being treated unkindly?   | How can we remind ourselves and others to be kind? | Is smiling infectious? |
| <b>Teacher Models</b>    | <b>See Script</b>                           | <b>See Script</b><br>Use anchor chart to record responses<br> | <b>See Script</b>                                  | <b>See Script</b>      |
| <b>Student Practices</b> | Students discuss                            | Students discuss  | Learn and practice Be Kind hand signal             | Smile experiment       |
| <b>Materials</b>         | Two hearts cut out of white paper           | Chart paper   |  |                        |
| <b>Word Wall</b>         | kindness                                    |   |  | joy<br>infectious      |

**Day 1 Teacher Script: It's good to be kind**

***Remember to start Morning Meetings with a greeting. Remind students that greeting one another makes us feel good. To greet someone in a friendly, courteous manner is actually an act of kindness.***

***Here is a fun "kindness chant" to start or end the Kindness Project morning meetings:***

***1,2,3,4 Kindness counts let's show some more!***

***2,6,8,10 Kindness counts, so count me in!***

In the next few weeks we're going to talk about what it means to be kind and why it's important.

Being kind is one of the most important things we can learn. Just like other skills we learn, like riding a bike or learning to read, we must practice to get better at it. To be considerate and nice to others not only helps other people, but it makes us feel good, too. Being kind does not have to be hard. It can be as easy as smiling at someone, or giving a compliment. It's good to be kind!

Let's think of a situation where someone might be having a tough day.

*Adapt the following story however you like. Make it personal to you or have students suggest examples of upsetting things that can happen. Students can also suggest unkind and kind examples.*

***For the first scenario, tape the paper heart to your chest or to a student's chest. At each upsetting situation, crumple or tear a little piece of the heart. For the second scenario illustrating kindness, use the second heart to color, draw a design, add a sticker, etc. for each act of kindness.***

*Afterwards, you can display the "kind" heart with the words "It's good to be kind!"*

### Story #1

Calla was having a rough day. Her best friend sat on the bus with someone else. Then they looked at her and started whispering. *(heart is crumpled or torn)* When Calla got to class and her teacher asked for everyone to turn in homework, Calla realized that she did the wrong math problems. Her teacher frowned at her and said “I wrote the assignment on the board!” When it was time for snacks, Calla saw that her mom forgot to pack her snack. At recess, Calla tripped while running on the playground. Two of her classmates laughed at her. By the end of the day, Calla was feeling very unhappy. She didn’t talk to anyone on the bus ride home.

### Story #2.

When Calla got on the bus, she saw that her best friend was sitting on the bus with someone else. Her friend said, “Hi Calla! I’ll sit with you at lunch and we can talk then, OK?” When Calla got to class and her teacher asked for homework, Calla realized she did the wrong math problems. “That’s OK, Calla, everyone makes mistakes” said her teacher. “You can do the right set for tomorrow.” When it was time for snack, Calla saw that her mom forgot to pack her snack. Another classmate offered to share their snack with Calla. While on the playground, Calla tripped and fell. Two classmates came running to help her up and ask if she was OK. As she got on the bus, the bus driver asked her how her day was. “Great!!” said Calla and gave the bus driver a big smile.

*End with a positive intention or a positive visualization or with the kindness chant.*

### **Day 2 Teacher Script: Choose kindness**

Today we’re going to continue to talk about the importance of being kind. Remember, we need to practice being kind to get better at it. Being kind make people feel better and often makes the situation better. We need to “choose kindness” when we see a situation where someone is being treated unkindly. Being kind is good!

Let’s talk about being kind in particular situations.

*You may want to adapt these examples to your class. You may also want to expand on these scenarios: girls could think of one and have boys respond and vice versa, or divide the class into groups or teams to do this.*

## Unit 4 Week 1

#1 Jarrod had his hair cut over the weekend in a new style and he's pretty excited about it. But when he gets to school on Monday, some of his classmates laugh and point at him. Jarrod's friend Cameron see the others making fun of Jarrod's new hairstyle.

How can Cameron show Jarrod care and respect?

How would you respond if you were Jarrod's friend? Have you ever been in this situation?

We don't always do what we know is right in our hearts. What prevents us from standing up for our friends and why?

#2 A new student joined Jonashia's class in the middle of the school year. At lunch, Jonashia sees the new student sitting at the far end of the lunch table and no one is talking to her. She wants to sit with her friends and talk about their weekend. But she feels bad for the new student.

What options does Jonashia have? What happens with each of the options she might choose?

*End with a positive intention or a positive visualization.*

### **Day 3 Teacher Script: Be kind hand signal**

We don't always do what's right in our hearts. Pushing to be first, laughing at someone..... what are some other examples? Sometimes we have to change some bad habits. We have to stop and think "Is this kind?"

Let's learn a hand signal today that will help remind us to be kind. We can use this hand signal as a friendly reminder for ourselves and others to BE KIND.

*Form the "b" by making a circle with your middle finger and thumb, curving the ring finger and little finger to line up with the middle finger. Then point the index finger straight up.*

*For "kind", make the heart figure, using both hands to join the index fingers and thumbs to form a heart.*

*Practice as a class and use as necessary! End with a positive intention or a positive visualization.*

### Day 4 Teacher Script: Spread the JOY

*Start with practicing the kindness hand signal.*

We've talked about how acts of kindness can be big or small or in between. They all count. No act of kindness is ever wasted. Did you know an act of kindness can even be a smile? It's important for us to spread JOY, and it starts with us!

Here's a poem to help us think about how we spread joy with smiling:

#### **SMILING (author unknown)**

**Smiling is infectious; you catch it like the flu.  
When someone smiled at me today, I started smiling too.  
I passed around a corner and someone saw my grin.  
When he smiled, I realized I had passed it on to him.  
I thought about that smile and then I realized its worth.  
A single smile, just like mine, could travel around the earth.  
So if you feel a smile begin, don't leave it undetected.  
Let's start an epidemic quick and get the world infected.**

*This poem is a great way to introduce the word "infectious" to go on your word wall.*

*Have students each practice their smile and vote on the best one, or you pick the "top five" and then have the class vote.*

*Have students experiment today with spreading the joy of a smile. Have them keep track of how many times they smile at someone and that person smiles back. Would they like to try and see if their smile is "infectious" with their special area teacher? In the lunchroom or hallways?*

*Another idea is to send off one or two students at different times during the day on an "errand" to another teacher. Have them smile as they give the teacher a folded note that reads "This is a Smile Experiment!"*

*End with a positive intention or a positive visualization.*

kindness

joy

infectious