

The Book of Kindness

As your kindergarten class prepares for graduation and advancement to first grade, now is a terrific time to create a lasting legacy for the next incoming kindergarten class on the value of kindness. To highlight the variety of ways your students have had the courage to be kind, the class will create a book of kindness.

Kindness Concept(s)

Courage, Kindness

Project Timeframe

25-30 minutes

Required Materials

- ❑ Book of Kindness page template (one for each student)

Step 1:

Revisit the three areas of kindness covered in this unit and how it takes courage to be kind.

- Kindness to Self: How do you take care of yourself? How are you kind to your body and heart?
- Kindness to Others: How are you able to respond with kindness to other students in our class? On the playground?
- Kindness to Our Space: How have you chosen kindness with our toys? With our classroom? On the playground?

Step 2:

Using the template below, work through each area of kindness by having every student complete one sheet. In the end, each student will complete a kindness page for all three areas of kindness. (Approximately 90 pages for a class of 30.)

- These pages should be completed at separate times throughout the week. If you have your class complete them all at once, the quality of the work will decrease dramatically due to attention spans and fatigue.
- One option is to explain the project and complete the first page on Monday. Complete page 2 on Tuesday and page 3 on Wednesday. Use Thursday to compile the book and then read the book to another class on Friday.

Step 3:

As a group, design your cover. There are many ways to complete this:

- A group picture
- A giant Letter K for kindness
- A class animal or image that you have used this year
- Your school mascot if applicable

Step 4:

Bind the book and choose a class to read it to! At the end of the year, add it to your library for access with next year's class!



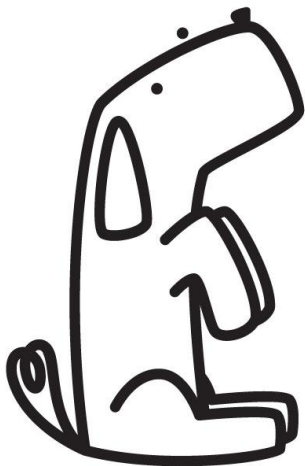
DESIGNATED BY CASEL
AS A RECOMMENDED
PROGRAM FOR SOCIAL
AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

I showed kindness to _____ by:



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