

CUE THE KINDNESS

Any day is the right day to show kindness! Use this calendar of activities to get students thinking about ways to show others they care.



HOW TO USE THE CALENDAR AT SCHOOL:

1. Give each student a copy of the calendar grid.
2. Ask students what *kindness* means and have them share definitions and examples. Lead students to understand that kindness is being helpful or thoughtful. Also explain that being kind is one way to show respect.
3. Read the activities on the calendar. Discuss what selected activities might look or sound like. For example, lead students to understand that “Tell someone one thing you like about them,” might sound like “You make the best spaghetti!” when a student is talking to a family member at home, or “Your project is awesome!” when talking to a classmate.
4. Challenge each child to do five or more acts of kindness each week, highlighting the space on the printout after he or she has completed each one. Also encourage students to write other acts of kindness on the blank calendar spaces and complete them too.
5. From time to time, check in with students on the status of their calendars. Invite each student to name an act he or she completed and tell how it felt to show kindness. Respond to each student’s remarks with enthusiasm and praise. Lead students to consider other acts of kindness they can participate in.



HOW TO USE THE CALENDAR FOR REMOTE LEARNING:

If you are using the calendar via video chat (or parents are using it at home one-on-one), complete the activity as described above, but have the student print one copy of the calendar.

If a printer is not available, help the child download the calendar pdf. Each time he or she completes an act of kindness, have the child click the space under the corresponding text to make a check mark. Then have the child type other acts he or she completes in the empty spaces. Be sure to remind the child to save the pdf each time it’s used.



SOCIAL-EMOTIONAL LEARNING SKILLS COVERED

- Social awareness: respect for others
- Relationship skills: social engagement, communication, relationship building

STANDARDS COVERED

CCSS.ELA.LITERACY.SL.3.1: Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 3 topics and texts*, building on others’ ideas and expressing their own clearly.

CCSS.ELA-LITERACY.SL.4.1: Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 4 topics and texts*, building on others’ ideas and expressing their own clearly.

CCSS.ELA-LITERACY.SL.5.1: Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 5 topics and texts*, building on others’ ideas and expressing their own clearly.

YOUR KINDNESS CALENDAR

Smile at someone.	Leave a kind note on someone's desk.	Offer to help someone do something.	Do someone else's chore for them.	Clean up without being asked.
Hold the door open for someone.	Read to someone.	Make a homemade gift for someone.	Let someone else go first.	Tell someone one thing you like about them.
Listen to a friend without interrupting.	Invite someone to play with you.	Let someone else choose.	Help a friend study.	Give a family member a hug.
Give a high five to a friend.	Call someone to see how he or she is doing.			

Write three more ways you can show kindness in the blank spaces. Highlight the spaces after you do the activities.