Fun Ways to Help Kids Learn the Power of Kindness

Studies firmly support the theory that by practicing small acts of kindness, people are often guided to perform more widespread acts of compassion even though that may not have been their original intention.

Perspectives (Grades K-5)

Fairness is hearing all sides to a story, even when it's hard to see there is another side. This lesson is designed for students to stretch their ability to see the view of others in stories that feel like there is a good and a bad side. Students will be encouraged to think about how a story that they thought they knew looks different when you see the perspective of others.

Six Pillar Coloring Pages

Download these PDFs and get started coloring!

Trustworthiness

Respect

Responsibility

Fairness

Caring

Citizenship

Six Pillar Animal Coloring Pages

Download these PDFs and get started coloring!

Trustworthiness — Camel

Respect — Lion

Responsibility — Elephant

Fairness — Giraffe

Caring — Kangaroo

Citizenship — Bear

Respecting Cultural Differences (Grades K-5)

With the holidays approaching, it is a wonderful time to remind students about the wide array of celebrations around the world. Respecting the cultural differences of one another includes becoming informed of the celebrations of others.

I Am Responsible for My Emotions (Grades K-5)

You may often hear students place blame on others for their own emotions. It is difficult for students to understand that not only do they control their own emotions, but they are responsible for their emotions. One of the best ways to be responsible for your emotions is to be aware of how you are feeling and take preventative measures. This lesson is designed for students to think about how they are feeling and how they move towards more regulated emotions.

Return to Learn: Citizenship

There is, perhaps, no more important time to be a good citizen than during a global pandemic. Through our citizenship, each of us plays a critical role in contributing to the health and well-being of others. Whether returning to the classroom or engaging in online learning, educators, administrators, students, and families have an important role to play in maintaining the health and safety of all parties and contributing to a positive educational environment.

The Leader-to-Detractor tool serves two important purposes. First, it defines what each role — detractor, participant, and leader — looks like in action. Good citizens are able to change detractor behaviors to participant behaviors, and participant behaviors to leader behaviors. Second, one can use the tool reflectively by asking, "were my actions that of a

leader, detractor, or participant, and what do I need to do better or differently tomorrow to be a better citizen?"

Citizenship for Educators: Educators can use the Leader-to-Detractor tool to define what each role looks like in their classroom (virtual or in-person). You may choose to include leader to detractor behaviors that are specific to following health guidelines as well. Share these definitions with parents so they know what your expectations are as well.

Citizenship for Students: Once students have worked with educators or parents on defining what leaders, participants, and detractors look like in action, they can engage in daily self-reflection to gauge their behaviors for the day. Students should note if there are instances in which they are more likely to be a detractor or participant and create and follow a plan to be a leader in every circumstance. Their reflection can be centered on school, home, following health guidelines,

or a combination of all three.

Citizenship for Families: Families can use the Leader-to-Detractor tool to identify leader, participant, and detractor behaviors they observe each day. These may be behaviors the student exhibits, or observations of others, whether at the grocery store, at work, or in the community. Ask your student what leader-to-detractor behaviors they notice in others each day, and what could be done better or differently to be a leader in each situation.
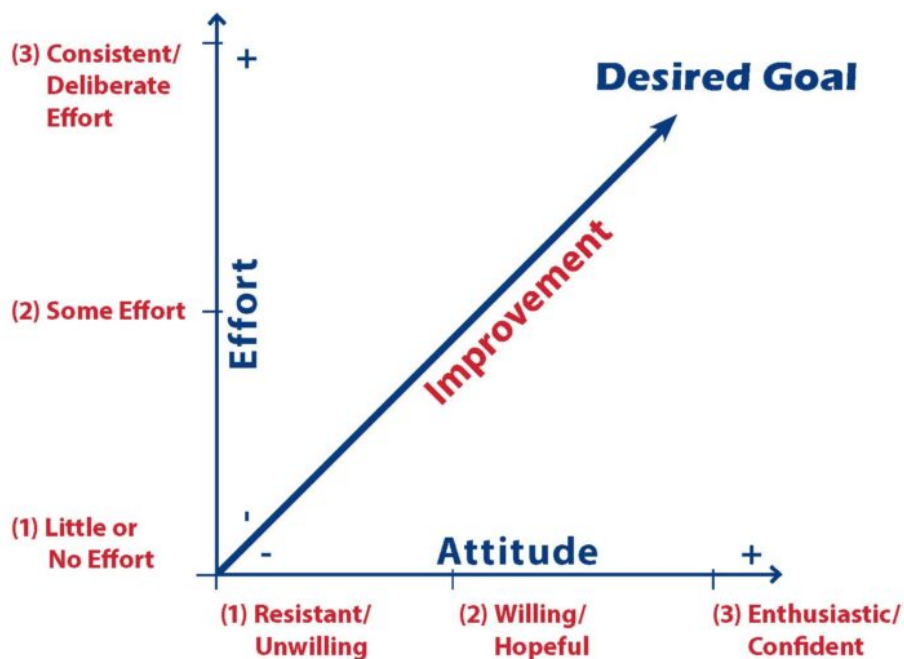
Download the Leader-To-Detractor tool.

Learn more about character education.

Return to Learn: Caring

Caring can be demonstrated in numerous ways. We can demonstrate caring by maintaining social connections, supporting friends and family who are struggling, completing random acts of kindness, or simply being available for a friend who needs a safe, compassionate listener.

The attitude and effort we choose to display is another way we show caring. Bringing a positive attitude each day, to every task, is a great way to show that you care. Likewise, the amount of effort we put forth is another indicator of how much we care about someone or something. The Attitude + Effort = Improvement (AEI) tool is a simple way to reflect on whether you brought a positive attitude and effort to a task, and by extension, how much you cared.

Excellence with Integrity TOOLS™

ATTITUDE + EFFORT = IMPROVEMENT RUBRIC

Desired Goal

Improvement

Effort

(3) Consistent/ Deliberate Effort

(2) Some Effort

(1) Little or No Effort

Attitude

(1) Resistant/ Unwilling

(2) Willing/ Hopeful

(3) Enthusiastic/ Confident

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Caring for Educators: Use the AEI tool to define for your students what great, good, and poor attitude and effort looks like in action. Be sure to help students see the distinction between attitude and effort (you can have a positive attitude and put forth no effort, and vice versa). Ask students what they can do to demonstrate a great attitude and work ethic each day, whether remote or in-person. Then, have them reflect on their attitude and effort each day.

Caring for Students: Students can track their daily attitude and effort on a 1 (poor) through 3 (great) scale and see if they notice any trends. For example, their attitude and effort is great when working on math, but poor when working on Spanish. Students can then create a plan for what to do better or differently to improve their attitude and effort where needed.

Caring for Families: The AEI tool provides a simple way to

engage your student in self-reflection. Ask your student to rate himself or herself on their attitude and effort each day and ask them what they can do better the next day. The conversation is even more powerful you reflect on their own attitude and effort each day and try to improve with your student.

Download the Attitude + Effort = Improvement tool

Learn more about character education.

Return to Learn: Fairness

In a time of uncertainty, it can be difficult to find fairness in diverse groups of stakeholders. Is it fair to prohibit young people from participating in social activities when it appears the effects of COVID-19 aren't as severe for young and healthy people? On the other hand, is it fair to individuals in a demographic with more risk if young people increase their exposure to the virus and then spread it to others?

When clear solutions aren't available, it's up to individuals to negotiate win-win solutions that account for the needs and wants of all parties to reach a fair solution for the greater good. To do this, one must listen to understand what the other party wants by asking questions and restating what the other person says to ensure clarity. You must also clearly describe what it is you desire and why. Only when all parties understand that this is what you want and this is what I want, can you work together to find a "we could" win-win solution.

Win-Win Negotiation Guide

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1. Communicate so **your needs** are understood.

I want ...

You want ...

2. Communicate so **you** understand the needs of others.

We could ...

3. Use creative problem-solving to come up with compromises that yield **win-win solutions.**

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Fairness for Educators: Few things will be normal this school year. Educators will have to negotiate win-win solutions on everything from how students will pass each other in the hallways to how students will eat lunch. In every negotiation, commit to understanding the other person's perspective, clearly state your idea, and stay focused on your common ground — what you both want to achieve.

Fairness for Students: Students can use the Win-Win Negotiation tool to help them find a compromise with teachers or parents. For example, students using win-win negotiation when asking permission to attend a social event would clearly articulate what they want (to attend the event) and why they want it (to see their friends), and would listen to and understand what their parent wants (child to be safe and healthy). Then, both parties can focus on solutions that can meet this objective (you can attend the event if there are less than 10 people and you wear a mask).

Fairness for Families: Families can use the Win-Win Negotiation tool to help find a compromise over work time if students are working from home. Or, the tool could be used to reach an agreement on what social activities students can engage in. Families can even use it when finding solutions with schools on everything from behavior issues to virtual versus in-person attendance.

Download the Win-Win Negotiation tool

Return to Learn: Responsibility

When under stress, or outside of our comfort zone, it can be tempting to shy away from responsibility. However, it is critical as the school year progresses that each person take responsibility for their role in ensuring a safe and productive learning environment.
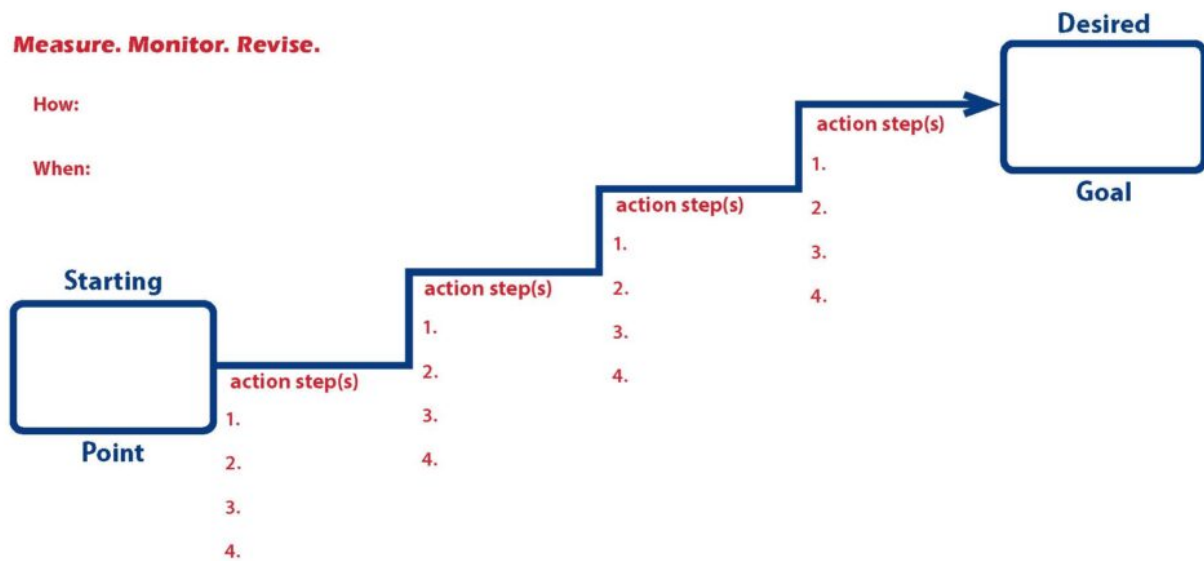
When norms and routines are disrupted, it can be easy to lose sight of our goals and the process we need to follow to achieve those goals. The Goal Map tool is an excellent resource to focus attention on the action steps needed to continue progressing towards our objectives, especially when we are outside of our comfort zone.

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GOAL MAP

Measure. Monitor. Revise.

How:

When:

Starting

Point

action step(s)
1.
2.
3.
4.

action step(s)
1.
2.
3.
4.

action step(s)
1.
2.
3.
4.

action step(s)
1.
2.
3.
4.

Desired

Goal

Checklist:

☐ Is the desired goal specific and can it be measured?

☐ Is there an honest/accurate assessment of the starting point?

☐ Have all of the major action steps been identified and broken down into smaller, doable steps?

☐ Have the roles, workflow, and timeline been worked out?

Support & Challenge:
Expertise, Encouragement, Accountability

Who:

When:

Responsibility for Educators: The unique challenges of this school year likely feel overwhelming. How do you transition your entire curriculum to online delivery? How do you track student progress when you don't see your students each day? How do you create a productive classroom space while still following health guidelines? Use the Goal Map to break down what seem like insurmountable tasks into small, achievable action steps. Devote your time and energy solely to each step until you are ready to move on to the next action step.

Responsibility for Students: Students can use the Goal Map to craft a plan for achieving objectives each day, each week, each month, or even over an entire semester. Whether attending school online or in person, the Goal Map can help students identify what tasks need to be completed, in what order, and track their progress towards completion.

Responsibility for Families: The Goal Map is a great tool for

families to use to help their students create a learning plan, especially for students working online. Create a Goal Map each day, outlining the objective for the day, and the action steps needed to reach those objectives. Then, review the Goal Map at the end of the day to track progress and ensure students are taking the necessary steps to be successful each day.

Download a Goal Map.