

One Drop of Kindness

WORLD KINDNESS DAY RESOURCES

TEACHER RESOURCES

INFORM

Put World Kindness Day on your Class Calendar— November 13, 2021. Celebrate the week prior to, or after World Kindness Day. Inform your students about [the history of World Kindness Day](https://nationaltoday.com/world-kindness-day/) <https://nationaltoday.com/world-kindness-day/> and discuss what the ripple effect of kindness could mean at your school. Teach the students about the difference between [Kind and Nice](#).

READ

Read kindness stories to students. Read One Drop of Kindness or another book about kindness in schools. One Drop of Kindness has follow-up discussion questions under resources on jeffkubiak.com

WRITE

Hand out [Kindness Drops](#) to students and have them write one kind act they observed at school. Create a World Kindness Day bulletin board and post the drops.

A Kindness Writing Activity gives students a chance to complement one another while building writing fluency. Give them each a [Kindness Drop that has a sentence starter](#) on it

You make school better by. . .

My favorite thing about you is. . .

I really like when you. . .

Your personality is cool because . . .

You were awesome when you. . .

I am grateful for you because. . .

You make my heart full when. . .

Have each student write their name at the top of their drop, and then collect them.

Randomly pass them out again. Students finish a sentence starter about the person whose name is on the drop. After a few minutes, ask them to pass the drops to another person. Do several rounds. Collect. Give back to owner and discuss.

One Drop of Kindness

WORLD KINDNESS DAY RESOURCES

HANDS– ON KINDNESS STATIONS

Station 1 “One Drop of Kindness” Lesson

Purpose: To teach the children about Kindness. First, talk about how we often hear the saying- “Sticks and stones can break my bones, but words will never hurt me.” Ask the kids if they think that is true? Discuss how often words can hurt the most.

Items Needed: Two Plants, Lemon Juice, Water, and Droppers

Experiment: Place two plants at a station. Tell the children the plants are going to represent two people.

Ask the children to fill their droppers with water. Explain that each drop of water is a kind word or act that you are giving to that person (plant). Have them pour their kindness drops on the plant one.

Then have them go to the second plant. Have them pick up the droppers with lemon juice in them. Tell the children the lemon juice is like unkind or toxic words and acts. Have them pour the drops of toxic words and acts onto the second plant. For added drama, have a cup of lemon juice to pour on the plant so it will wilt.

Explain to the children that when you give people kind words, they thrive, however when you give them toxic words or acts, they wilt and are sad. Discuss...

Station 2- Kindness Toothpaste - Hold up a tube of toothpaste. Ask a student to squeeze all the toothpaste onto a plate. Next ask a volunteer to come up and put all the toothpaste back into the tube. Offer them a spoon and toothpick. Allow others to come up who think they can do a better job. Explain to the students that our words our very much like this toothpaste. Once they come out you can't put them back. Discuss..

Station 3: Kindness Ripple Experiment

Purpose: Explore how different size objects create different size ripples. Use this experiment as a metaphor for different size drops of kindness spreading more kindness.

Items needed: Small items such as corn kernels, medium items such as pennies, large items such as rocks and a large bowl of water

Metaphor: The bowl represented your school, and the water represents the people in our school. Each item represents a kind act.

Small items represent small acts of kindness. Kindnesses as simple as smiling at a classmate, helping a classmate with a task or picking up trash.

Medium-sized items represent kindness that takes a little more effort such as writing kindness notes, making kindness rocks and chalking kindness sayings on the blacktop.

One Drop of Kindness

WORLD KINDNESS DAY RESOURCES

Large- sized items represent kindness that takes a large effort such as organizing a clothing/food, donating books or school supplies to a school in need or taking on a school improvement project.

Experiment: Each student picks one item to throw into the bowl of water.

Observe: Did the item create ripples in the water? Did the size of the item increase the size of the ripple? What happens when you throw multiple items in the water?

Discussion: One act of kindness can bring happiness to one person at our school but then a ripple effect begins because that person is more inclined to do something kind for someone else. When we do larger acts of kindness, we create more ripples and if we all work together to be kinder, we make the most impact at our school.

Station 4 - [Kindness Bingo](https://www.pbs.org/parents/printables/kindness-bingo) — <https://www.pbs.org/parents/printables/kindness-bingo>

WATCH

Showing your students, a video can have a big impact. We have no affiliation with the organizations who created these videos. We just love their message. A few of our favorite Kindness videos include:

A. [Kindness Boomerang “One Day”](#)

<https://www.lifevestinside.com/kindness-films/>

B. [The Science of Kindness](#)

<https://www.randomactsofkindness.org/the-science-of-kindness>

C. [“One Day” remake by Kim Bryner’s 3rd Grade](#)

<https://www.youtube.com/watch?v=fiM9LcXG7cl>

D. [“Start a Kindness Club”](#)

<https://www.randomactsofkindness.org/kindness-videos/2-kind-kids-club>

E. [“Color your World with Kindness”](#)

<https://vimeo.com/80492342>

One Drop of Kindness

WORLD KINDNESS DAY RESOURCES

F. ["I Have No Words"](#)

<https://www.youtube.com/watch?v=PT-HBI2TVtI>

F. [Kid President Kindness](#)

<https://www.youtube.com/watch?v=bs7f1hTmlAQ&t=31s>