

Social and Emotional Learning (SEL)

Social Skills – Kindness Kaleidoscope

Overview:

Students have many different relationships including family members, friends, teammates, classmates, employers, coworkers, etc. In this lesson, students explore the social skills that are required to maintain and build relationships between different people in their lives. The ability to work well with others is an important life skill.

Objectives:

Students will learn and practice ways to show their families kindness.

Child Goals:

I can show my family and others kindness.

Vocabulary:

Family
Kaleidoscope
Polite

Learn- 5 minutes

Here are some ways to show kindness to your family and others:

- Being kind
- Listening to each other
- Following expectations and rules
- Being helpful
- Having fun

Discussion Questions:

- Why is your family important?
- What are some ways to show your family that they are important to you?
- How do you show kindness to your family?
- What are some ways to others kindness?

Practice-10 minutes

Young children have many different relationships including family members, friends, teammates, and classmates. The ability to work well with others is an important social skill.

Here are some ways to encourage your child to show kindness to your family:

- Talk to your child about what others do that show kindness to him or her. This will help your child to identify what acts of kindness are important to him or her.
- Schedule regular time for your family to do fun things together to encourage communication and relationship building.
- Praise your child when he or she displays kindness to family members.

Activity Materials

Things Needed

- *Kindness Kaleidoscope Activity Sheets/* Paper/Index Cards
- Crayons
- Markers
- Colored Pencils

Kaleidoscope of Kindness

I show kindness to my family by _____

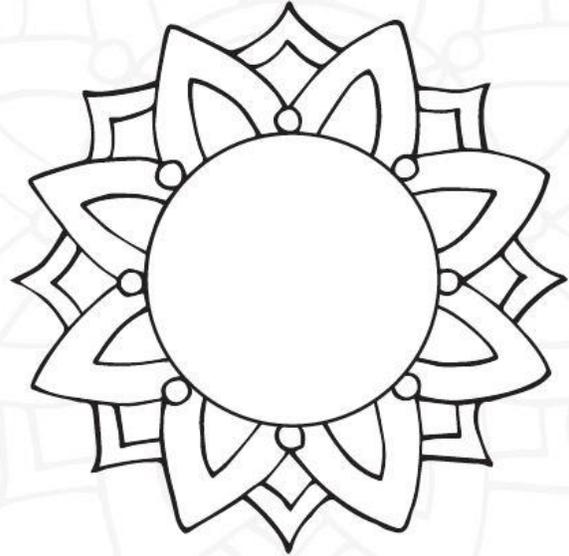


Activity (page 1 of 5)

rethink 2020

Kaleidoscope of Kindness

I show kindness to my family by _____

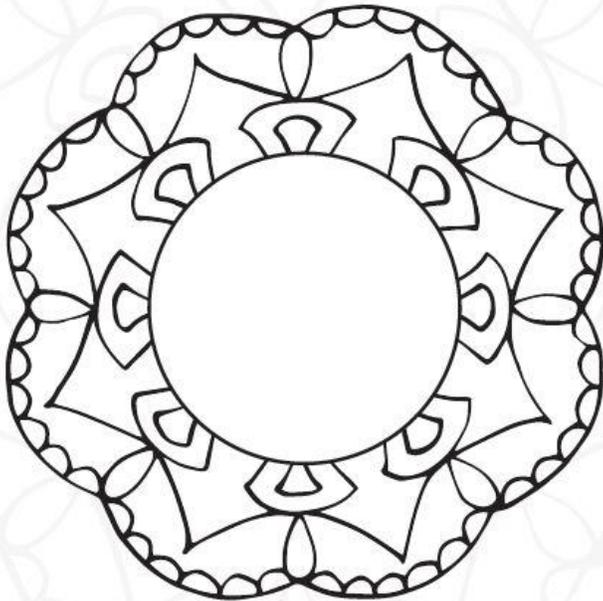


Activity (page 2 of 5)

rethink 2020

Kaleidoscope of Kindness

I show kindness to my family by _____



Activity (page 5 of 5)

rethink 2020

Deeper Dive – 5 to 10 minutes

For the Deeper Dive:

Help the student choose an activity he or she can do to show kindness to his or her family, friends or someone they care about.

Allow your student to draw different acts of kindness they can do around the house, to friends, neighbors or someone they care about.

Allow your student to talk about their acts of kindness instead of drawing them.

Encourage your students to ask someone how they can show them kindness? Maybe take a walk with them, read a book to them, cook their favorite dish.

Resources

Literacy Books to consider:

Have you Filled a Bucket Today? A Guide to Daily Happiness for Kids by Carol McCloud

Each Kindness by Jacqueline Woodson

Those Shoes by Maribeth Boelts ; In Spanish [Esos Zapatos](#)

Horton Hears a Who by Dr. Seuss; In Spanish *Horton Escucha a Quién!*

Enemy Pie by Dereck Munson: In Spanish *Pastel Para Enemigos*

www.storylineonline.net - *Enemy Pie* by Derek Munson

Pastel Para Enemigos Online Spanish Version - <https://youtu.be/i0D4uRZcwGs>

Tips:

- Check in with your child at the end and beginning of the day.
- Be mindful of students' needs that might keep them from participating. If student does not want to participate, set a timer for when you both will come back to the activity.
- Make sure students have had enough to eat and drink, have gotten enough sleep, and address any adverse emotions students may be feeling.