



Use these activities to get your students excited about giving the sweet treat of kindness!

The resource includes a scripted lesson plan that is aligned to ASCA mindsets and behaviors and can be used with or without the book *Somebody Loves You, Mr. Hatch* by Eileen Spinelli.

Includes 12 Task Cards

Use these task cards to get your students talking about what kindness is, why it's important and how they can practice it in different settings.



Sweet Treats Of Kindness Cut & Paste Activity

Students will look at 16 acts of kindness and choose the ways in which they plan to show kindness over the next week. Students can also come up with their own ways of giving the sweet treat of kindness to others.



Includes 4 Notes Of Encouragement

To close the lesson, students will get notes of encouragement to leave in places around the community as a way of spreading kindness. There is also a black & white option that the students can color.



All materials are also included in a Google Slide format!

This form is a 2x3 grid of reflection prompts for kindness. Each prompt is in a colored box with a corresponding number in a red heart icon at the bottom right. The prompts are:

- 1. Define kindness in your own words.
- 2. Tell about a time when someone was kind to you.
- 3. Tell about a time when you were kind to someone else.
- 4. How do you feel when others are kind to you?
- 5. How do you think others feel when you are kind to them?
- 6. How do you feel when you are kind to others?

Each prompt box contains the text "Insert Text Here" and a small red heart icon with the number.

Sweet Treats Of Kindness
Fill up your box of chocolates with ways that you can be kind to others. To choose a chocolate, click on it and drag it into the heart box.

This activity features a large pink heart outline in the center. Surrounding the heart are various "chocolate" shapes, each containing a kindness prompt. The prompts include:

- Write a kind note
- Hold open the door
- Smile at someone
- Let someone else go first
- Share a special treat
- Donate books or toys
- Give a compliment
- Talk to someone who looks sad
- Say thank you
- Go out of your way to help
- Ask someone how they are
- Do what someone else wants to do
- Clean up the classroom
- Give a gift
- Say something encouraging
- Spend time with someone new

There are also two "Type Here" boxes for additional notes.

These kindness materials are also provided in a digital format to support educators doing distance learning or looking to incorporate technology into their lessons.