

Session 25

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Session Title	Let's Be Kind!
Objective	<ul style="list-style-type: none">• Help children understand the importance of kindness and how it affects others.• Encourage children to practice kindness, respect, and sharing in everyday situations.• Foster a positive, caring, and supportive classroom environment.
Topics/Concept	<ul style="list-style-type: none">• What is kindness?• Different ways to show kindness.• The impact of kindness on others.
Material Required	<ul style="list-style-type: none">• Music player• Soft toy or ball• cards with examples of kind behaviors• Bingo cards with kind actions• Crayons or markers• Large paper for drawing the Kindness Tree

Session Plan 90 Min

Intro Activity

1. Introduction Activity (15 minutes)

Discussion:

Ask children: "What does it mean to be kind?" and "How does kindness make others feel?"

Show flashcards with kind actions (e.g., sharing, helping, saying "please" and "thank you"). Ask children to describe what is happening in each flashcard and why it's an example of kindness.

Main Topic/ Activity

Activity 1: "Pass the Smile" (15 minutes)

Objective: Reinforce positive behavior through fun interaction.

How to play:

Children sit in a circle and pass a soft toy or ball while music plays.

When the music stops, the child holding the toy must say one kind action they can do (e.g., "I will share my toy" or "I will help my friend").

The child receives a sticker for their answer.

Continue playing until every child has had a turn.

Activity 2: "Good Behavior Bingo" (15 minutes)

Objective: Reinforce good behavior through a fun game.

Provide children with Bingo cards with kind actions written (e.g., "Say please," "Help a friend," "Give a compliment").

Call out kind actions one by one.

If a child has that action on their card, they mark the square.

The first child to complete a row or column shouts "Bingo!" and wins a small reward.

Activity 3: "My Kindness Tree" (20 minutes)

Objective: Encourage reflection on kind actions children can do.

Give each child a sheet of paper and crayons.

Ask them to draw a tree and write/draw one kind thing they can do on each branch (e.g., "I can help my friend," "I can share my toys").

Let children share their drawings with the group.

Expected Learning Outcome:

Knowledge building-

Children will recognize and understand what kindness is.

They will identify different ways to show kindness to friends, family, and teachers.

Skill Building-

Improved social skills through sharing and teamwork.

Enhanced communication skills by expressing kind actions.

Strengthened empathy and respect towards others.

Review Questions/Assessment/Tasks

Ask: "What kind action will you do today?"

Have children demonstrate one kind act (e.g., saying "thank you" or offering a high-five to a friend).

Encourage peer appreciation by letting children complement each other.

Follow up Tasks

Ask children to perform one act of kindness at home and share it in the next session.

Create a Kindness Chart in class, where children add their kind actions throughout the week.

Revision #1

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