



Y4.

TERM 3 – LESSON 1

Term Theme

Give To Others

Focus DNA-V Skill

Discoverer

Lesson Resources

- Lesson PowerPoint.
- Audio File: *3 Minute Breathing Space*, available at <https://dnv.international/wp-content/uploads/3-minute-breathing-space-Segal-Williams-and-Teasdale-2002.m4a>.
- Lesson Handout: *Five Random Acts of Kindness*.
- Teacher Resource: *Letter to Parents/Carers*.

Success Criteria

- I can identify actions I will take to be giving and/or kind toward someone else.

Learning Objective

- To understand the value that being giving and kind toward others can have on both ourselves and on others.

PSHE Association Curriculum Objectives

- R2: “Pupils should have the opportunity to learn to recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships.”

Starter Exercise

10 mins

Open the lesson PowerPoint. Tell the children the Term Theme (Give To Others) and tell them the DNA-V focus skill for today's lesson (Discoverer). Click to the next PowerPoint slide ('Learning Objective') and read out the LO to the class.

Click to next PowerPoint slide ('Starter Exercise'). Invite your students to prepare for a guided mindfulness exercise by either sitting up straight or by resting their heads in folded arms on the table and by gently closing their eyes.

Play *3 Minute Breathing Space* audio file by clicking the icon on screen, also available at: <https://dnv.international/wp-content/uploads/3-minute-breathing-space-Segal-William-s-and-Teasdale-2002.m4a>.

Enquiry (giving praise and recognition for demonstration of any examples of DNA-V skills, including noticing the tendency of the mind to wander):

- What did you notice?
- Was this pleasant or unpleasant?
- What feelings, thoughts or sensations did you notice?

Teacher's Introduction to the Lesson

10 mins

Opening discussion about the value of acts of kindness and generosity

Remind the class that every term in our Connect curriculum has a theme and that each theme is important for human emotional wellbeing. Also point out that whilst some people find it quite surprising, it turns out that giving to others is one thing we humans can do to improve our own wellbeing, which is why that is our theme for this term. When we are kind and giving to others, it actually benefits our own wellbeing!

Finally, prior to the opening paired discussion, point out that it is for the reasons just highlighted that in our *Give To Others* Term Theme this year, we are going to focus on doing random acts of kindness for others.

Click to next PowerPoint slide ('Introduction'). Paired discussion:

- *"For the next few minutes, talk to the person next to you and see if you can think of any reasons for why being kind to others actually benefits ourselves as well."*

Take some whole-class feedback, seeking to highlight that being kind and giving can:

- Give us a sense of personal connection with others.
- Give us a sense that we are being a good person.
- Encourage others to be kind back to us in the future.
- Help create an inclusive and supportive community.

How we can apply our DNA-V skills to be giving and kind to others

Examples of possible DNA-V specific questions to draw upon:

- **Discoverer:**
 - Who can think of some little, simple actions we can take to show kindness toward others in our daily life?
- **Advisor:**

- It's great to show kindness and giving toward others. But sometimes our Advisors can try to get in the way of us doing that. Can you think of any unhelpful Advisor thoughts that might show up to get in the way of us being kind and giving toward others?

Activity: Five Random Acts of Kindness

35 mins

This main activity is designed to enable students to come up with and write their own personally chosen random acts of kindness. The idea is that, once written down, students actually do these before next week's lesson, thus making direct and personal contact with the experience, and the often very positive consequences, of doing random acts of kindness.

Step 1: Click to next PowerPoint slide ('Five Random Acts of Kindness') and pass around the lesson handout of the same name. Explain the activity in the following way (this is written as a bullet pointed script that can be followed verbatim or just used as a rough guide, depending upon what individual teachers find most useful):

- *"A random act of kindness is something we do for someone else, just to be kind. It can be any act and can be a really small thing, such as holding the door for someone, or it could be a bit bigger, such as offering to weed the garden of an elderly neighbour.*
- *Today we are going to come up with and write down 5 random acts of kindness that we would be willing to try out before next week's Connect lesson.*
- *They can be as big or small as you like, as long as they are doable.*
- *They can be random acts of kindness that you might do at school. Or they could be at home or in the community, or a combination of these.*
- *You can take home a copy of whatever acts of kindness you write down, along with a short letter to your parents, so that if any of your acts of kindness are not school-based, your parents or carers can help you to do these safely.*
- *When you come up with a random act of kindness, be sure to write in the spaces provided:*
 - *What you are going to do.*
 - *Where you are going to do it.*
 - *When you are going to do it.*
 - *With or for whom you are going to do it.*
 - *Why you think this is a good thing to do.*
- *Try to come up with your own but if you are struggling to think of 5 doable acts of kindness, you could talk to one of your friends and share some ideas. If you do that though, try to use friends' ideas to generate your own similar ideas, rather than just copying others' ideas completely – as great as they might be.*

Step 2: After seeking any questions for clarification, give the class around 25-30 minutes to complete the activity.

Step 3: With any remaining available time, invite any willing students to share an example from their list of 5 random acts of kindness with the wider class.

Step 4: Tell the class that next week's Connect lesson will be a Noticer-focused lesson and each student will be using their experiences of trying out their random acts of kindness in this lesson – so it's important that they do at least three – ideally all 5 – of them before next week.