

Week 7: Community Empathy



Empathy

Grade(s): Tk-2

Learning objective/s or description

Students play Kindness Freeze Dance — dancing freely until the music stops, finding a partner, and performing a called-out kindness action (high five, handshake, smile, or compliment) before the music restarts — then design and decorate a Kindness Coupon promising one specific kind act they'll do for a friend or family member.

Materials needed:

- Clear a small open space.
- Play upbeat, kid-friendly music.
- Gentle bodies
- Kind hands
- One action only
- If you don't find a partner, join the teacher
- Coupon
- crayons, markers, and pencils
- Kindness scenario list

Any tips or important information

Lesson structure:

Opening Circle:

- Check-In Question:
 - How can we help someone feel happy?"

Community Builder:

Kindness Freeze Dance

How to Play:

- Students dance freely while the music plays. When the music stops, students freeze.
- Call out: "Find a partner!"
- Once paired: announce ONE kindness action for everyone to do:
- High five
- Shake hands
- Smile and wave
- Give a compliment (Model a short one: "You're a good friend!")
- After 3–5 seconds, restart the music and repeat with a new action.

TK: Teacher show each kindness action while doing with students. Use only high five, smile, and wave. When the music stops, help students quickly find the closest partner or pair

them with the teacher. Keep each round very short and praise effort ("I see gentle hands!").

K: Allow high fives, handshakes, and smiles. For compliments, have the whole class say the same phrase together (ex: "You are kind!") so no one has to think of words on their own.

1st: Students can choose from the listed actions when paired, or you can call out one action at a time. For compliments, offer sentence frames like "I like your ____" or "You are good at ____." Encourage quick partner switching each round.

2nd: Students can rotate partners independently and include short, genuine compliments using their own words. Emphasize noticing kindness by prompting them to think about how the action made their partner feel before the next round begins.

Enrichment:

Kindness Coupon

Purpose: Students design a coupon they could "give" to a loved one.

- Tell you students that today they will be making kindness coupons!
- Say: "Your kindness coupon is a promise. You don't have to do everything, just one kind thing that helps our classroom."
- Read out kindness examples to students. Pass out coupon cards and materials to students.
- Have them think of one kind act that they know they can complete.
- Students complete the sentence written on coupon: "This coupon is good for: ____"
- Examples:
 - Helping clean up
 - Letting someone go first
 - Using kind words
- Decorate with bright colors and symbols.
- Tell them they can give the coupon to a friend or family member.

TK: Give 2–3 kindness choices and have students draw their coupon. Adults help write the words. Focus on effort and simple promises.

K: Provide a short list of kindness ideas. Students copy or draw one action and decorate.

1st: Students write one kind action using the sentence frame and add a picture. Offer word help as needed.

2nd: Students choose and write their own kindness action, decorate, and decide who to give the coupon to.

Closing/Reflection:

Ask:

- "What is one kind thing to do for someone?"
- Or for an easy reflection: "What's one thing we learned today?" Use either! :)
- Reminder: "When I help others, I make our classroom better."