

Project Kindness Curriculum

Project Kindness is a four-part program designed to help youth ages 7–17 understand, practice, and sustain kindness. Through four engaging modules that include interactive activities, creative expression, and guided reflection, students learn how kindness starts within, grows through daily choices, and ripples outward into their communities.

Module 1: Knowing Kindness

Audience: Youth ages 7–17

Timeframe: 30 minutes

End Goal: Each learner can identify, define, and describe experiences of kindness. Students earn a *Certificate of Kindness Knowledge*.

Learning Objectives:

By the end of this module, students will be able to:

1. Define kindness in their own words.
2. Identify examples of kindness in real-life scenarios.
3. Express a personal experience or pledge of kindness.

Module Outline:

1. Spark: Introduction & Engagement (5 minutes)

- **Activity:** *Word Brainstorm* – “What is kindness?”
 - *Ages 7–10:* Share words aloud while teacher writes on the board.
 - *Ages 11–17:* Use sticky notes or digital poll for anonymous responses.
- **Discussion Prompts:**
 - What comes to mind when you hear the word “kindness”?
 - How does kindness feel in your body?
- **Purpose:** Activates prior knowledge and builds curiosity.

2. Define: Building Understanding (5 minutes)

- **Mini Lesson:**
 - *Ages 7–10:* Kindness is caring for others with our words and actions.
 - *Ages 11–17:* Kindness is the choice to respect, support, or uplift others—even when it takes effort.
- **Key Terms:** Empathy, Respect, Compassion, Generosity.
- **Interactive Activity:** Match examples to key terms (e.g., Sharing your snack → Generosity).
- **Purpose:** Establishes a shared definition of kindness.

3. Identify: Recognizing Kindness (5–7 minutes)

- *Ages 7–10:* “Kindness Cards” activity—sort actions into “Kind” vs. “Not Kind.”
- *Ages 11–17:* Role-play real-world scenarios (e.g., including a left-out classmate).

- **Purpose:** Practice identifying kindness and unkindness in context.
 - 4. **Experience: Practicing Kindness (7–8 minutes)**
 - *Ages 7–10:* Draw a picture of something kind to do today.
 - *Ages 11–13:* Write a short kindness pledge (“I will...”).
 - *Ages 14–17:* Write a short reflection or poem about giving or receiving kindness.
 - **Sharing:** Volunteers share their drawings, pledges, or reflections.
 - **Purpose:** Moves from understanding to personal action.
 - 5. **Reflect & Recognize: Closing & Certificate (5 minutes)**
 - *Ages 7–10:* Complete the sentence “Kindness is...”
 - *Ages 11–17:* “One way kindness shows up in my life is...”
 - **Certificate Ceremony:** Present certificates and affirm students’ growth.
 - **Purpose:** Reinforces learning and celebrates achievement.
-

Module 2: Showing Kindness

Audience: Youth ages 7–17

Timeframe: 30 minutes

End Goal: Each learner can identify, practice, and reflect on showing kindness. Students earn a *Certificate of Kindness in Action*.

Learning Objectives:

By the end of this module, students will be able to:

1. Define showing kindness in their own words.
2. Recognize acts of kindness in daily life.
3. Practice showing kindness through role-play and personal pledges.

Module Outline:

1. **Warm Up: Kindness Snap (5 minutes)**
 - Each child names one way they’ve seen kindness in action and snaps their fingers after saying it.
 - **Purpose:** Reinforces that kindness is shown through actions, words, and choices.
2. **Identifying Kindness in Action (5 minutes)**
 - Discuss scenarios: Is this showing kindness? How do we know?
 - **Examples:** Helping a friend, inviting someone to play, standing up for someone.
 - **Purpose:** Recognize that all acts of kindness make others feel cared for.
3. **Practicing Kindness (10 minutes)**
 - In pairs or small groups, students role-play being kind in different situations.
 - **Purpose:** Understand that kindness benefits both giver and receiver.
4. **Creative Expression (5 minutes)**
 - *Option 1:* Kindness Chain—write kind actions on paper strips and link them together.
 - *Option 2:* Kindness Pledge Cards—create a mini card with a personal kindness promise.
 - **Purpose:** Make kindness tangible and continuous.
5. **Reflection & Celebration (5 minutes)**

- Prompt: “One way I will show kindness today is...”
 - Present certificates and celebrate participation.
 - **Purpose:** Reinforce commitment to ongoing kindness.
-

Module 3: Growing Kindness

Audience: Youth ages 7–17

Timeframe: 30 minutes

End Goal: Each learner understands that kindness begins with self-awareness and grows through daily choices. Students earn a *Certificate of Kindness Growth*.

Learning Objectives:

By the end of this module, students will be able to:

1. Understand that kindness starts from within.
2. Recognize self-kindness in their own lives.
3. Connect self-kindness to kindness toward others.
4. Make a personal pledge for growing kindness.

Module Outline:

1. **Introduction & Grounding (5 minutes)**
 - Guided breathing: “Breathe in kindness for yourself, breathe out kindness for others.”
 - Discuss: What does it mean to grow something? How can kindness be like a plant inside us?
 - **Purpose:** Set a calm, reflective tone.
 2. **Identifying Inner Kindness (5 minutes)**
 - Students draw or list one way they are kind to themselves, then share in pairs.
 - **Purpose:** Recognize that self-care nurtures inner kindness.
 3. **Nurturing Kindness in Daily Life (10 minutes)**
 - *Activity:* Kindness Garden – write one act of self-kindness and one act of kindness to others on a flower petal; create a classroom garden display.
 - Reflect: “How does caring for yourself help you care for others?”
 - **Purpose:** Connect self-kindness with kindness to others.
 4. **Visualization & Personal Pledge (5 minutes)**
 - Guided visualization: Imagine kindness as a seed that grows as you practice it.
 - Write a pledge: “One way I will grow kindness in myself is...”
 - **Purpose:** Encourage lifelong practice of kindness.
 5. **Reflection & Celebration (5 minutes)**
 - Prompt: One word that describes how kindness feels inside me.
 - Award certificates.
 - **Purpose:** Acknowledge growth and affirm commitment.
-

Module 4: Ongoing Kindness

Audience: Youth ages 7–17

Timeframe: 30 minutes

End Goal: Each learner understands how to sustain kindness through personal habits and community systems. Students earn a *Certificate of Ongoing Kindness*.

Learning Objectives:

By the end of this module, students will be able to:

1. Define ongoing kindness.
2. Create a personal kindness habit plan.
3. Contribute to a class kindness system.
4. Explore community-wide acts of kindness.

Module Outline:

1. **Setting the Stage (5 minutes)**
 - Brainstorm: What happens if you water a plant only once vs. every day?
 - Connect: Kindness grows through consistency.
 - **Purpose:** Define ongoing kindness as a daily habit.
2. **Personal Kindness Habits (5 minutes)**
 - *Activity:* Kindness Calendar – create a week of daily kind acts.
 - **Purpose:** Build self-accountability.
3. **Classroom Systems (10 minutes)**
 - Group brainstorm: How can we keep kindness going every day?
 - Options: Kindness Jar, rotating “Kindness Captain,” Weekly Shout-outs.
 - **Purpose:** Build a culture of collective kindness.
4. **Community Kindness (5 minutes)**
 - Discuss: How can we spread kindness beyond the classroom?
 - Optional: Create a “Kindness Map” with ideas for home, school, and neighborhood.
 - **Purpose:** Show how kindness radiates outward.
5. **Reflection & Celebration (5 minutes)**
 - Reflection: “One way I’ll help keep kindness going is…”
 - Certificate ceremony.
 - **Purpose:** Recognize achievement and inspire continued kindness.