



Character Education

Focus for December, Kindness

Kindness

Kindness is an indispensable virtue that serves as a cornerstone for a harmonious and empathetic society. It goes beyond mere politeness to encompass understanding, patience, and concern for others, actively fostering a sense of community and connection. The practice of kindness towards ourselves is equally vital, forming the basis of healthy self-esteem and self-respect, which are fundamental for mental well-being. Learning to be kind to ourselves empowers us to navigate through life with resilience and optimism, thereby enabling us to extend genuine kindness towards others without reservations. Kindness, when cultivated intentionally, engenders a positive cycle of goodwill and support, creating an environment where individuals feel valued and cared for. In a world often characterized by swift changes and uncertainties, kindness provides stability and warmth, functioning as a beacon that guides individuals and communities towards empathy, cooperation, and mutual respect. When we embrace kindness, we not only uplift ourselves but also contribute positively to the lives of those around us, thereby fostering a culture of inclusion and generosity that benefits all.

<p>December 4</p>	<p>Kindness Is My Superpower https://www.youtube.com/watch?v=6P-Y_M9q7RM</p> <p>What you will need:</p> <ul style="list-style-type: none"> • Poster Board • Scissors • Glue sticks • Orange, red, yellow and brown construction paper • Optional: Lead patterns <p>What you will do:</p> <ol style="list-style-type: none"> 1. Bring youth together and have them listen to the story 2. After listening, discuss the story and what the story shared about kindness and being kind. 3. Explain that today they are going to make a “Gratitude Tree” 4. Explain each of them will create several leaves naming things they are grateful for 5. When the tree is complete, ask the children to consider how things the things they are grateful for might be shared with other people in an act of kindness. 6. After discussing, ask who they might share one of those “grateful” things with.
<p>December 11</p>	<p>The Bird and the Whale</p>



	<p>https://www.youtube.com/watch?v=FU_ONF_jrgE</p> <p>What you will need:</p> <ul style="list-style-type: none"> • Balloons (2 for each child) • Slips of paper which can be slipped inside the balloon before the balloon is blown up • Small cards, one for each child to write his/her name on the card and turn in to you • Pencils or pens <p>What you will do:</p> <ol style="list-style-type: none"> 1. Bring youth together and have them listen to the story 2. After listening, discuss the story and what the story shared about kindness and being kind. 3. Explain that today they are going to make “Compliment Balloons” 4. Explain each of them will draw the name of someone (the small cards) and then they will take 2-3 small strips of paper and write one compliment for the child whose name they drew, place the strips inside the balloons and then blow up the balloon. 5. Ask children to share compliments they would like to hear. Write them on a piece of chart paper so they can refer to the list when they are completing the balloon. 6. When the list is made, distribute the supplies and have each child complete the “Compliment Balloon”. 7. Have children give the balloon to the person and then have each child reveal the compliments they received.
December 18	<p>Be Kind</p> <p>https://www.youtube.com/watch?v=kAo4-2UzgPo</p> <p>What you will need:</p> <ul style="list-style-type: none"> • Strips of construction paper (1.5 inches wide x 12” long) You are going to make a chain with these. • Stapler • Pens or pencils <p>What you will do:</p> <ol style="list-style-type: none"> 1. Bring youth together and have them listen to the story 2. After listening, discuss the story and what the story shared about kindness and being kind. 3. Explain that today, they are going to begin a “Kindness Chain” and that each day for a week you will add to the “Chain”. 4. Ask each one to think of something “kind” they have done for someone else in the last 3-5 days.



	<ol style="list-style-type: none"> Once they have thought of something, they should write it (little ones can draw a picture) and then you can start to assemble to “Kindness Chain” On a second strip, have the children write an act of “kindness” someone showed to them. Add these links to the chain Share that each day, you will add to strips to the chain to see how long the chain can grow in one week. At the end of the week, share different links in the chain.
December 26	<p>Kindness Starts With You https://www.youtube.com/watch?v=-nlzjPnNfrU</p> <p>What you will need:</p> <ul style="list-style-type: none"> Smooth rocks (one for each child) Acrylic paint, variety of color Paint brushes Permanent markers to write on the rock Paint sealer—either spray or brush on <p>What you will do:</p> <ol style="list-style-type: none"> Bring youth together and have them listen to the story After listening, discuss the story and what the story shared about kindness and being kind. Explain that today, they are going to make “Kindness Rock”. Explain they will write a kindness message on the rock and then place it so someone they care about can find it. Using the Compliment list from December 11, add to the list additional kind things to share with another person, or they can add a saying or quote. After adding to the list, explain they will paint the rock today and that it will have to dry before they can put a message on it. Once dry (maybe 30 minutes) have the child write his/her message on the rock with permanent marker When finished, children can paint on a sealer, or if you have chosen to spray it on, have them bring the rock to you so you can spray. Children take home the rocks.