



*A project of ConnectSafely.org*

## **Classroom Lesson – Kindergarten to Grade 2**

Demonstrating how the good things that we do when we work and play can help to make the world a better place!

This lesson plan demonstrates citizenship in action and shows younger children how acts of kindness and respect – whether they occur on the playground or on digital devices – can increase their enjoyment, safety, and security.

### **Lesson Goal**

This lesson helps young children 1) think about and reflect on the places where they work and play, 2) think about the good things they do or see others do whenever they play or work with others (we're calling them One Good Things or OGTs, and 3) consider that their good actions, even the smallest ones, may help to make life better for themselves, their friends, and their families.

We encourage teachers to use the parent letter at the end of this lesson so parents can share the activity with their children at home as well.

### **Lesson Mission**

Today young children work and play in many places – some in the physical world of playgrounds, toys, and games, others using apps and games on digital devices, and still more on the Internet. You can help your students begin to look for and make note of the good they and others do and understand that, whether they may work and play in digital or physical spaces, the rules of behavior, respect, and kindness do not change.

Encourage your students to reflect on their activities on the playground, in class, at home, and on digital devices – and then come up with good things they or people they know have done to help make the world a better place. A student's idea can involve an act of kindness, something good he or she accomplished or a good thing done by a friend, sibling, parent, or other relative – even someone the student does not know. We know that younger children will come up with many ideas (we only called it "One Good Thing" to keep things simple for everybody and maximize participation), so encourage them to make all the contributions they want, then ask them to make choices.

Introduce digital devices and online activities based on your knowledge of your students, their parents, and the lives they live. Many of them will have helped to send an email or worked or played on a parent's iPad, phone, or computer.

### **Time Required**

We know that in a classroom of younger children many activities cannot stick to a rigid schedule. This lesson can be a one-time discussion followed by a hands-on activity, requiring a total of 35-40 minutes, or taught in two parts with the conversation occurring at one time and the art project at another time. You might want to organize the ideas in this lesson as a weekly theme with a range of activities that emphasize kindness, respect, and doing OGTs.

### **Concepts in this Lesson**

- Valuing and choosing to do random acts of kindness
- Looking for, noticing and acknowledging positive actions in others
- Helping others
- Understanding how other people feel
- Doing things that make other people feel good
- Distinguishing between digital activities and non-digital activities
- Categorizing ideas
- Citizenship

### **What You Need for this Activity**

- A time set aside for reflection, discussion and brainstorming (10-15 minutes)
- A large piece of paper or an easel with paper to record ideas and examples during the discussion
- A few digital devices that can serve as examples
- Crayons and markers
- Pieces of 12" x 18" paper, folded in half, one for each child, and please take the time to put each child's name on the back of the paper. Later, if you take digital photos, the child's name will not be visible.
- Optional item: A digital camera that you can use to take a picture (and if possible print) of each child.

### **Group Conversation (10-15 minutes)**

-- Begin with a group discussion that includes everyone in the class, preferably in a spot that encourages conversation, listening, and sharing.

-- Introduce the idea of random acts of kindness.

-- Ask the children to talk about any good and helpful things -- online or offline -- that they have done for others or that other people have done for them. Examples might include helping to pick up toys or a bedroom, assisting a friend, helping the teacher, playing well together, disagreeing with a friend but not getting angry, playing well together on a tablet, etc.

-- Ask the children for examples of activities that they or their parents do online or on digital devices (ideas might include email, texting, taking photos with a smartphone, sharing media in a social app, Skyping, playing a game, etc.).

-- Write their ideas on the large piece of paper. Using one marker color for any OGT digital ideas and another color for non-digital activities that occur on the playground, in class, or at home.

-- After a few minutes of conversation, ask the children to think about and choose one good thing that someone did for them and how it made them feel, and explain that they will be making a bulletin board exhibit with pictures of OneGoodThings.

--Wonder aloud to the students about how people feel when someone does a good thing to help out or just to be kind?

-- Encourage your students to reflect about whether there are places where people cannot do good things. Do the rules for doing good things change? On the playground? At home? With a brother or sister? When they play a game on a digital device? Point out that you used different colors for different

places and remind children that even though there are different colors, every place has the same rules for helping, respecting, and doing good things.

### **Hands-On Activity**

- Show the children how you have folded each piece of the large paper in half.
- Explain that on one side they can draw a picture of One Good Thing they or someone they observed did for other people. On the second half of the page they should draw a picture that shows how a person (themselves or another person) feels after someone does a good thing to help them.
- Remind your students that, while they are drawing, they can think about a comment to write under each picture.
- If a digital camera and printer is available, another option might be for a teacher to take a picture of each child, print out the picture, and ask the children to cut out their pictures. Then they can make a conversation bubble of themselves explaining the good things.

**Sharing and Commenting** - In the digital world sharing and commenting are critical skills.

- Ask the children to share their OGT pictures during another group conversation or circle time. Before you begin, remind them about the importance of positive and respectful comments.
- Take photos of each child's work with a digital camera and share the pictures with parents – individually or as a slideshow.
- Post the slideshow on the class or school website, but please follow your school or district digital sharing guidelines.
- Share these pictures with others in the school community by posting them on a wall or bulletin board.
- Children love to see themselves on a video. Think about filming each child talking about his or her images. Make the clips into a short film to share with parents.

### **What About One Good Thing-Kindness Weekly Theme?**

By scheduling One Good Thing as a weekly theme, you can focus daily circle conversations. Keep big lists of ideas, suggestions, and actual OGTs that kids do so that by the end of the week your students are surrounded by examples – artwork, bulletin boards, photographs, etc. Since many children use digital devices at home (and perhaps in your classroom), encourage them to think about how to do OGTs when they use the devices to play or share them.

- Day 1: Highlight random acts of kindness.
- Day 2: Ask children to notice OGTs that occur during the school day and keep a running list. Or set up a bulletin board where students can tack up short descriptions of the kindness they have given or received.
- Day 3: Help students explore the concept of respect and how to demonstrate it to others. This might include a conversation about making thoughtful comments about other people's work.
- Day 4: Encourage your students to identify the places in their lives where they can do OGTs and random acts of kindness. Ask them for ideas about how they can demonstrate respect to the other people in their lives.

### **Letter to Parents**

Dear Parents,

This week your children will work on an activity to help them understand the importance of using good habits, kindness, and respectful behavior in their lives. We will talk about how each person's acts of kindness and respect make a positive difference in their lives and in the lives of others, in digital as well as physical spaces. Our class discussion will emphasize how even the little things we do to assist others can help make life better and happier. The lesson also encourages students to connect good citizenship and digital citizenship ideas and develop a basic understanding of how our expectations for good behavior and respect are the same wherever they work or play.

As a part of our conversation we will talk about random acts of kindness, no matter where they occur, and the students will reflect on how these small acts encourage and inspire others to perform similar good things. Each child will also be asked to think of the good things he or she does at home, on the playground, in class, with others, or even on digital devices to illustrate during an art project. Good things might include supporting others, making kind comments, helping a grandparent, sharing a picture, supporting a friend whose feelings have been hurt, cleaning up a spill, making a genuine suggestion, helping friends solve a problem, and much more.

The basis for our activities is an age-appropriate lesson developed at [OneGoodThing.org](http://OneGoodThing.org). This website promotes activities that help children – actually people of all ages – understand what it means to do good and be kind online. Older children will be using One Good Thing lessons that highlight the importance of kindness and respect on the Internet and sharing their ideas at the website.

Younger children who use the Internet more minimally, if at all, will concentrate on noticing and brainstorming about good things and connecting expectations for positive behavior with their own and others' actions, wherever they work and play. Our conversations will focus on the standards of good citizenship – the way students live day-to-day – and how these standards do not change in digital spaces.

One Good Thing is part of [Safer Internet Day](http://SaferInternetDay.org), started in Europe more than 10 years ago and now celebrated in more than 100 countries. You can learn more about U.S. celebration activities, hosted by [ConnectSafely.org](http://ConnectSafely.org) at [Safer Internet Day](http://SaferInternetDay.org).

To help your child get more from our conversations in class, I hope you can talk about the good things that you do in your life, online and off, and why these actions make your life better. Also, please take a few minutes to look around the classroom at the lists and pictures we create about good things.

Yours sincerely,