

# BULLYING AND VIOLENCE PREVENTION

## PRE-KINDERGARTEN

### LESSON 1

**TITLE:** Let's Be Kind to One Another

**PURPOSE:** To increase awareness about ways to be kind to one another.

**OBJECTIVES:** The student will be able to:

- identify acts of kindness.
- distinguish between an act of kindness and an unkind act.

**STUDENT SERVICES BENCHMARKS AND STANDARDS:** PS 1.1, 1.6, 4.3

**VOCABULARY:** kindness, unkindness

**INSTRUCTIONAL TIME:** 20 Minutes

**PREPARATION/INSTRUCTIONAL MATERIALS:**

- Book: Let's Be Kind by P.K. Hallinan or any book on kindness (see Handout PK-1 for other books on kindness)
- dry erase board and markers
- white sheet of paper
- pencils
- crayons

**SPRINGBOARD ACTIVITY:** Ask students to define the words *kind* and *unkind*. Solicit examples of each of the words. List responses on the board.

**ACTIVITY:**

1. Read and discuss the book: Let's Be Kind by P.K. Hallinan to the class.
2. Read each sentence below. After each sentence, ask the students if the sentence is an example of a kind act or an unkind act.
  - a. Maria shows Michelle where the crayons are in class.
  - b. Sue laughed when Tom fell on the floor.
  - c. Mary hugged Elizabeth when she started crying.
  - d. Alex's friend, Michael gave him a snack because Alex forgot his lunch.
  - e. Larry helped his teacher clean the board.

**ASSESSMENT:** Teacher observation, class participation and completion of follow up activity.

**FOLLOW-UP ACTIVITY:** Have the students draw a picture of a kind act he/she performed. As the students are drawing their picture, go around to each student and ask him/her to tell you about their picture. Place a title at the top of the page that tells about the student's drawing. Illustrations may be sent home for students to share with their parent/guardian.

**Books on Kindness**

- Kindness Is Cooler, Mrs. Ruler by Margery Cuyler
- Kindness Quilt by Nancy Elizabeth Wallace
- Acting with Kindness by Pam Scheunemann
- Kindness Counts! by Debby Anderson
- When I Care about Others by Cornelia Maude Spelman
- Sharing : How Kindness Grows by Fran Shaw
- Taking Kindness with Me by Jackie Chappell
- Be Polite and Kind by Cheri J. Meiners
- What's Up with Lyle? : A Story About Kindness by Ron Eddy
- Kitty Shows Kindness (First Virtues for Toddlers Series) by Mary M. Simon
- A Little Kindness by Coco Xavier
- Thread of Kindness : A Tzedakah Story by Leah P. Shollar
- Being Kind by Janine Amos
- We Are Kind by Sharon Gordon
- Kindness by Diane Muldrow
- Kindness by Elaine P. Goley
- The Child's World of Kindness by Jane Belk Moncure
- Rascal's Surprise Prize : A Book about Kindness by Paula Bussard
- Kindness Bubble by Pete Johnson
- How Kind! by Mary Murphy