

**SUSD Elementary Lesson Plan**

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| **Topic: Acts of Kindness Counselor: Marni DeNike**  **Duration: 30 Minutes**  **Grade Level**: 4th Grade | | | |
| **ASCA COUNSELING STANDARDS / MINDSETS & BEHAVIORS** | | | |
| **ASCA STANDARDS**  PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior.  **ASCA MINDSETS & BEHAVIORS**  Mindset Standard – M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.  Mindset Standard – M3: Sense of belonging in the school environment. | | | |
| **OBJECTIVES** | | **VOCABULARY** | |
| **Students will practice acts of kindness/service to others and be able to reflect on how it made them feel to do something kind for someone else.** | | Bucket Filling  Impact  Actions | |
| **INTRODUCTION TO LESSON** | | | |
| **Review bucket filling and dipping and how we can fill someone’s bucket. Explain that our words are not the only way we can fill up someone’s bucket. Ask what some others are. Explore what impact our actions can have on other people’s buckets.** | | | |
| **CONTENT KNOWLEDGE / INSTRUCTIONAL DESIGN** | | | |
| **INSTRUCTOR ACTIONS** | | **STUDENT ACTIONS** | |
| Review what bucket filling/dipping is. | | Students will summarize and provide examples. | |
| Review how providing compliments make us feel. | | Students will share a compliment they have received and how that compliment filled up their bucket. | |
| Challenge students by asking other ways to fill up a person’s bucket other than by using our words. | | Students explore new ways to fill up a person’s bucket through actions in small groups. Share with rest of class. | |
| Discuss what impact/affect means. How can we impact others by our actions? What affect can we have on them? | | Students brainstorm in small groups. | |
| Pass out Kindness Mission Slips. Tell them if they choose a person in the school they have to use the person’s name, but if they choose a person outside of school they have to use that person’s title (mom, dad, uncle, sister, etc.). Remind them that this is an action, not a compliment to give that person. The student’s name does not go on the slip. | | Each student receives a Kindness Mission Slip and must write whose bucket they will fill and how they will do it. | |
| Collect all slips and mix up in bucket. | | Students put their slips in a small bucket or container. | |
| Provide students a new slip by walking around the room and letting them draw from the bucket. It is now their mission to complete this random act of kindness for whoever is written on the slip. | | Students draw new slip from bucket. Students read their Kindness Mission and can share what it is with the class. | |
| **CLOSURE / CHECK FOR UNDERSTANDING** | | | |
| Explain that this is not something to do just once, but instead repeatedly so we can practice doing things for others and finding ways to positively impact another person’s day. | | | |
| **AVID WICOR STRATEGIES UTILIZED** | | | |
| W – Writing strategies  I – Inquiry Strategies  C – Collaboration Strategies  O –  R - | | | |
| **RESOURCES** | | | |
| Kindness Mission Slips – Small piece of paper for each student that says, “ I will fill \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’s bucket by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. | | | |
| **DIFFERENTIATED INSTRUCTION** | | |
| Small group collaboration | | |
| **SUPPLEMENTAL LESSON AND RESOURCES** | | |
| Lesson on Bucket Filling  Lesson on Compliments | | |

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