

Workshop #1: Overview

Main Theme: Kindness in Me

Audience: Grade 3-5

Setting: Classroom Context



**KNES
OBJECT**

Students will learn:

- There is goodness inside me, and I have value and purpose.
- I have a responsibility to make sure that the goodness grows.
- My choices determine whether my goodness grows.
- Goodness shows itself in kind words and kind actions.

Action Step: CHOOSE today to let your kindness grow.

Time	Pg	Lesson Element	Supplies Needed	Notes
15 Min	22	Introduction	<ul style="list-style-type: none"> • Assembly Video • CK video Workshop 1 Intro 	
10 Min	23	Superhero Missions	<ul style="list-style-type: none"> • Superhero Mission Cards (pg 93) • Stopwatch • Pencils • Copy paper 	
5 Min	25	Transition Activity	<ul style="list-style-type: none"> • Flip chart/poster board • Markers 	
10 Min	26	Lessons in Gardening	<ul style="list-style-type: none"> • 1 package of bean seeds • Soil/water/starter pot in a bag given to teacher in advance • 2nd Starter pot • Cotton balls • Drinkable yogurt or milkshake • Stuffed teddy bear • Flashlight 	
10 Min	28	Water & Vinegar	<ul style="list-style-type: none"> • Bottle of water • Bottle of white vinegar • Starter pot with soil and seed from last object lesson • Paper and pen 	
10 Min	30	Close	<ul style="list-style-type: none"> • CK video workshop 1 Extro • Superhero Handbook Assignments (Pg 1 & 2) • Online access for pics (if desired) 	
1 Hour				

Note to Facilitator:

The main objective for workshop one is to affirm the intrinsic value of each student and empower their understanding that they are valued, they have something of value to give, and that the world needs what they have. We explore the significance of positive and negative influences and the importance of choosing the positive.

The initial language of goodness as the source of our acts of kindness is intentional in order to affirm and encourage students who may hear many messages to the contrary in the school and family contexts. Your sincerity as a facilitator will go a long way to helping kids believe that this is true about them. Communicate your sincerity by learning students' names and calling them by name. Treat the students with honor and respect and look them in the eye when you speak to them. (See pg 11-12 Ways To Demonstrate Value and Honor To Kids or more on this.)

Affirmation, positivity and your own demonstrated kindness towards the students will allow them to let down their guard and grab a hold of the kindness superhero in them.

The curriculum has been written in script format, but we encourage you to be personal, add your own brand of humor and fun and be yourself as you deliver this content, while preserving the content provided.

The teaching tools integrated in this curriculum are designed to create a seamless delivery of fast paced, interactive elements that hold attention, encourage retention and require levels of critical thinking skills from the students. Please do yourself the favor and take the time to plan, rehearse and prepare.

NOTE: It is presumed that the Kindness Superhero In Me™™ Assembly has happened the week previous. If not, please include the Captain Kindness™ Assembly Video at the beginning of workshop one in lieu of the assembly.

Introduction: 8 Minutes

Good morning ladies and gentlemen, it is so great to see you all today. My name is [your name – take time to introduce yourself, who you are, why you are spending your time with them.]

I am going to teach you a few things that will make our time together more fun!

- 1) **I love to hear what each of you has to say, so if you have an answer, please put your hand up. If someone else is answering, how do you think we should act?** [Allow kids to answer.]
- 2) **Each week we are going to have a CODE WORD – When I say that code word, your job is to jump up, spin around, sit down and ZIP your lip. This side of the room** [Point to the right side] **is going to compete with this side** [Point to the left side] **of the room to see which side can have everyone on their side do it the fastest. If you are the fastest you win 1000 points. This week's code word is KINDNESS. Let's practice – are you ready? KINDNESS?**
- 3) **Each of you has an invisible white board in front of you. When I say "Get out your white board"** [Demonstrate as you quickly draw an imaginary screen in front of you.] **Then when I say GO, I want you to write down whatever I say as fast as you can. When you are done you put both hands up like you just won a race. Let's practice, are you ready? "Get out your white board" on your white board write down my name, GO!** [Allow kids to write.] **Great job. ["Get out your white board" On your white board write down our code word for today, GO! Nice work.** [If you wish to add a competitive element with this, feel free.]
- 4) **When I clap three times and say, "BY GOOD" I want you to do this.** [Clap three times, say "INTO GOOD"] **CLAP CLAP CLAP "BY GOOD"** [Allow kids to respond CLAP CLAP CLAP "INTO GOOD"] **Great work! CLAP CLAP CLAP "BY GOOD"** [Allow kids to respond CLAP CLAP CLAP "INTO GOOD"] **Great Job, we have lots to do today. Are you ready?**

[If you had an assembly, open workshop one with the following, otherwise use video.]

So who remembers the superhero visitor we had at our school last week? Can you remember what his name was? [Allow for children to respond.] **Captain Kindness™, you got it! He told us that we could all be a KINDNESS superhero and we could actually make a difference in our world through simple acts of KINDNESS. Did anyone test out their superhero power of KINDNESS this week to see what happened?** [Allow for 1 or 2 stories if children have them.]

Captain Kindness™ VIDEOS: 7 Minutes

Assembly Video - 5 Minutes

This video is an introductory video introducing Captain Kindness™. Captain Kindness™ introduces the superhero power of kindness and the source of goodness that is inside each of us. He encourages us to practice using kindness in our families, in our schools and in our neighborhoods.

Source: DVD

File Name: Assembly Video

Workshop #1 - Intro Video - 2 Minutes

Captain Kindness™ gets a news flash that "RED" is now uncool! He is challenged by worries about whether or not he will still fit in and whether people will still like him. He introduces the idea that there is something of value inside each child to discover today in Superhero School.

Source: DVD

File Name: Workshop 1 - Intro

Did you know that each of you has seeds of goodness in you that the world desperately needs? We're going to see if we can find some of them today.

Superhero Missions: 10 Minutes

Learning Objective:: To allow kids to experience the goodness inside of us. When we are kind, we let that goodness out into the world. It isn't hard to do, but it doesn't happen by itself. Everyone has to choose to contribute.

Supplies:

- "Superhero Mission" cards. (Pull Out Page - Additional Resources pg 93)
- Stopwatch
- Pencils (1 per student)
- Copy paper (1 page per student)

Prepare Ahead:

- 1) Ensure you have the Superhero Mission Cards printed, (laminated for durability if desired) shuffled and ready to hand out.
- 2) Set out paper and pencils for those students who may need them.

Instructions:

- 1) [Explain to children] ***Today we are going to discover some of our seeds of goodness by doing some superhero missions. We are going to do this in two stages.***
- 2) [Stage 1] ***First, I am going to go around the class and pass out these cards face down to everyone. When I say GO, each of you will turn over and read the card on your desk and make a decision. You need to decide if YOU are the right person to do this mission, or perhaps if there is someone else who might be better at this in the classroom. I will give you 30 seconds to make your decision and then I will say TIME'S UP.*** [Set stopwatch for 30 seconds]
- 3) [Stage 2] ***Once you have made a decision it's time for action. I am going to set the time for 3 minutes. When I say go, you need to either do the mission yourself OR, trade your mission with someone you think would be good for the job. If you can't find someone to trade with, you may do it yourself, or choose another card. Some of your missions require pencils or paper, so those supplies are here for you if you need them.*** [Point to supplies.] ***You need to complete your mission for the person in front of you*** [Or whatever pattern the desk are arranged in] ***Everyone needs to do a mission, you cannot give your mission to someone else, it must be a trade. Are you ready?*** [Clarify to make sure everyone understands before moving forward, answer any questions the kids may have.] ***GO!*** [Set stopwatch for 3 minutes.]
- 4) Complete activity with them.
- 5) Use the following discussion questions to debrief the activity.
 - ***How did it feel to do something kind for someone else?***
 - ***How did it feel to have kindness showed to you?*** [Allow several kids to share.]

Transition Activity: 5 Minutes

Learning Objective: To make an association with the seeds we plant in our lives as kids, with the harvest we want to come out of our lives as an adult.

Supplies:

- Flip Chart & Markers (Best option as you can keep this paper list for later.)
- Blackboard & Chalk OR
- White Board & Markers OR

Prepare Ahead:

- 1) Put poster board/flip chart up prior to class.

Instructions:

- 1) *So with so many seeds of goodness in one classroom, there is going to be some amazing things that come out of this class over the next few years. **CLAP CLAP Get out your white board** – [Allow for kids response] **Write down what you want to be when you grow up . GO! What did you write down?***
- 2) Write some of their answers on the blackboard.
- 3) **CLAP CLAP Get out your white board** – [Allow for kids response] **Write down a word that you want others to use to describe you, GO! What did you write down?**
- 4) Write some of their answers on the blackboard. **Do you think these things will happen by themselves? Why or why not?**
- 5) Take a moment to sincerely affirm the ambitions shared in the class and encourage them to do whatever is necessary to accomplish those dreams because the world needs people who care.
- 6) Say **That's fantastic, in fact I have something to add to the list, I want to be a happy gardener. Yup, I did a bunch of research and I have decided to plant a garden this year.**

Lessons in Gardening: 10 Minutes

Learning Objective: To explore the concept that the environment surrounding a seed affects how well it grows. What is the parallel when we want to grow our seed of goodness.

Supplies:

- 1 package of bean seeds
- 2 starter pots
- Package for teacher (includes soil, bottle of water and one starter pot given to teacher ahead of time.)
- Cotton balls
- Drinkable yogurt or milkshake
- Flashlight
- Teddy bear

Prepare Ahead:

- 1) Prepare a bag for the teacher, which contains the soil, bottle of water and one starter pot. Instruct the teacher about the cue in your lesson when he/she should offer these items to you. (See chart below.)

- 2) Ensure you have rehearsed this well ahead of time to add lots of animation and fun to it.

Instructions:

What you will DO	What you will SAY
Begin to gather your supply bag.	(Continuing from last point in Transition Activity) <i>I'm going to plant a garden, you all seem very smart, I thought you could help me put it together.</i>
Pull out your seeds and starter pot.	<i>This gardening thing doesn't seem difficult at all actually, you guys should try it sometime.</i>
Pull out cotton balls and stuff in the bottom of pot.	<i>All seeds need a bed to sleep in.</i>
Dramatically and tenderly "tuck" the seed into bed of cotton balls.	<i>So nice and cozy, I wish my bed was this comfortable.</i>
Open drinkable yogurt/milkshake and proceed to pour over seed.	<i>All seeds need something to drink - my favorite is chocolate milkshake*. [*Or whatever kind of drink you have.]</i>
Grab the flashlight and look for a volunteer to help you to hold the light on the seed pot.	<i>All seeds need some light, if you could hold this right here, just like that! Thanks!</i> [Kids will begin to argue with you, just ignore them until you get the teddy bear out and think you are finished.]

What you will DO	What you will SAY
Grab the teddy bear.	<i>Last but not least, all seeds need a friend. I brought Ernest, my teddy bear.</i>
Begin to react to the kids who are now enthusiastically trying to correct your gardening techniques.	<i>I can't believe how easy this gardening thing is... [Allow kids to correct you.] I didn't do something right? The light isn't at the right angle? Teddy is too big? Seeds prefer vanilla milkshake? [Allow the kids to get animated about correcting you, insist you have it right according to your research.]</i>
Choose a child to explain what is wrong with your current plan.	<i>You don't seem to like what I have done here, why? What did I do wrong?</i>
Allow child to explain	[As they explain, ask questions in response to their instruction] <i>Why don't seeds like juice? What makes soil so much better, hardly seems comfortable? Why won't the flashlight work?</i>
Once child has explained. You realize the error of your ways, but then you are discouraged because you don't have the right things to make your seeds grow.	[Teacher CUE – Teacher just so happens to have some extra things in his/her desk that could help.] <i>Wow I can't believe it, I just may be a gardener yet. Will one of you help me do this right?</i>
Allow 1-2 children to help you plant seed well and put in class window.	Finish with teachable point.

Teachable Point:

*As we discovered a few moments ago, each of you has a seed of goodness on the inside you! Everyone does, but some people's seed of goodness never grows because they planted it in cotton balls and milkshake instead of good soil and fresh water. When goodness grows inside us – it shows up as kind words and kind actions in our lives. We can measure the goodness in our hearts, by the **KINDNESS** we can see in our words and actions.*

Socratic Questions to Encourage Discussion: [Lengthen or shorten depending on time.]

- 1) *What would happen if people stopped letting their seed of goodness grow?*
- 2) *Why do you suppose people stop caring for their seed of goodness?*
- 3) *If everyone allowed their goodness to grow what would the world be like?*
- 4) *If we want our seed of Goodness to grow we need to plant it in good soil, water it and care for it. So how do we do that?* [Allow kids to respond.]

Water & Vinegar: 10 Minutes

Learning Objective: How we respond to life's circumstances dictates how our attitude develops. Negative circumstances do not have to affect our lives negatively. Our attitude is the soil our seed grows in.

Supplies:

- Water bottle full of water
- Water bottle full of white vinegar
- Starter container with soil and seed from previous object lesson
- Paper and a pen

Instructions:

- 1) ***I have two bottles of liquid here, my seed of goodness needs to be watered. Both of all the bottles look the same, but they aren't the same. One of these bottles is toxic, one of these bottles is good nutritious water. What happens to the soil if I pour the toxic water onto the soil? [Allow kids to respond] What would happen to the soil if I pour the nutritious water on it? The soil is very important for the seed. Do you know what the soil represents in our lives? The soil of our lives are the attitudes we have. Our attitudes could be negative or they could be positive. If our soil is positive, our seed will grow strong, if our soil is negative, our seed will not grow at all. We need to get good at protecting our soil – only letting positive things in, keeping the negative, toxic things out.*** [Choose a volunteer to complete the sniff test to determine which bottle is the toxic bottle. Allow them to water the plant and place plant in the window.]
- 2) ***I need a helper to write some things down for me.*** [Choose a volunteer and give them piece of paper and pen.]
- 3) ***CLAP CLAP Get out your white board*** – [Allow for kids response] ***Write down 3 things that we think about that are negative, GO. What did you write down? My scribe is going to write down your answers.***
- 4) ***CLAP CLAP Get out your white board*** – [Allow for kids response] ***Write down 3 things that we think about that are positive, GO. What did you write down? My scribe is going to write down your answers.***
- 5) Say ***This is a good list, we are going to talk about this more next week, great job!***

Socratic Questions to Encourage Discussion: (Lengthen or shorten depending on time)

- 1) *What are 2 things that could be toxic to our attitude, or our soil?*
- 2) *List 2 ways you could add some POSITIVE into your own soil today?*
- 3) *Why is it important that we take care of the soil - our attitude - for our seed of goodness?*

Sample Only

Close: 8 Minutes

Has anyone ever heard of Terry Fox? Can you tell me who he is, and what he did? [Allow kids to respond]. *Terry was 18 years old when he was diagnosed with cancer. While he was in the hospital, he had to have his leg amputated. Even though he was going through difficult things himself, he saw that kids with cancer needed help, he allowed his seed of goodness to show through **KINDNESS**. He began to train to run on his one leg. He chose to raise money for cancer research by running across Canada. Terry didn't even meet his goal, but as a result of his courage to let his goodness out through his words and actions many people have been inspired since. To date over \$600 MILLION dollars has been raised to help find a cure for cancer because Terry **CHOSE** to act.*

(Feel Free to look up pictures and more info at: http://www.terryfox.org/TerryFox/Terry_Fox.html we cannot reproduce them here.)

Have you ever heard of Me to We? Craig Kielburger was only 12 when he saw how kids in other countries didn't even have clean drinking water to drink. He set up a charity called Free The Children, now through his organization Me to We, he and 1000's of kids just like you are making a difference every year. Free the Children has worked in over 40 countries and built more than 650 schools and school rooms in developing regions, providing education to more than 55,000 children every day.

(Feel free to look up pictures and more Info at: <http://www.freethechildren.com/about-us/our-team/our-founders/> we cannot reproduce them here.)

Wrap up Questions:

- 1) *What if Terry and Craig had decided it was easier to stay home and play video games or riding his bike?*
 - *It's not that playing video games or biking is wrong, but contributing to the world is **BETTER**. We can make our lives count for something important by choosing to use our time differently.*
- 2) *What do you think they did first to start them on this journey?*
 - *The First thing – was they **CHOSE** – they chose to let their seed of goodness grow into **ACTION**. They let what was inside of them – **OUT**, so that the world could be a better place.*
- 3) *Every morning we can make a choice. Every day we can build positive things into our lives or negative things all by our choices! Say **CLAP CLAP Get out your white board** – [Allow for kids' response.] *Write down what action you will do today to grow your seed of goodness. **GO!** What did you write?* [Allow kids to share.]*
- 4) Pass out the Superhero Handbook to everyone and encourage them to write their name on the

front. Leave pages 1-2 as activities they can complete during their week with their teacher, until you see them again.

- 5) Give a loud cheer for the winning side in the code word game.

Workshop #1 - Closing Video - 2 Minutes

Captain Kindness™ wraps up the first workshop with a story about a bully who spilled his popcorn when he was kid and tells us how he chose to use his superpower of kindness to treat the bully with kindness instead of reacting negatively. He reminds the students that the secret to using the superpower of kindness lies with them.

Source: DVD

File Name: Workshop 1 - Extro

Sample Only