



Place a nice note on a family member's pillow.

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Get Inspired

Quote

"People will never forget how you made them feel."

Maya Angelou

Fact

Kindness makes us happier and more satisfied with life.



Shake It Up

Stand up. Do 5 small, forward arm circles. Do 5 small, backward arm circles. Jump 10 times with your feet together.

"I am kind."



Talk It Out

1. Think of a time when someone was nice/kind to you. What did they do?
2. Did you thank that person for being nice/kind?
3. Who is someone in your family that you could write a nice/kind note to?
4. How do you think it will make him/her feel?



Do It!

1. Write a kind note to a family member.
2. Carefully place it on her/his pillow for a happy surprise.

Place a nice note on a family member's pillow.

SEL Competencies

Self-Awareness

Perspective-Taking
Empathy
Respect for Others

Relationship Skills

Communication
Social Engagement
Relationship Building

Timeframe

15 - 30 min

Materials Required

Paper or something to write on

Pencil, pen, crayons or something to write with

Optional Materials -
Stickers



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Quote

Invite a student to read the quote.

Fact

Kindness makes us happier and more satisfied with life.

[Source](http://Goodandkind.org): Goodandkind.org



Shake It Up

Get your students moving. Invite them to do the following activity:

Stand up. Do 5 small, forward arm circles. Do 5 small, backward arm circles. Jump 10 times with your feet together. When finished say, "I am kind."



Talk It Out

Encourage your students to reflect on the provided questions.

1. Think of a time when someone was nice/kind to you. What did they do?
2. Did you thank that person for being nice/kind?
3. Who is someone in your family that you could write a nice/kind note to?
4. How do you think it will make him/her feel?



Do It! (as a class + individually)

1. Give your students approximately 10 minutes to write a kind note to a family member. Encourage early finishers to decorate the note.
2. If possible, have your students go and place the note on their family member's pillow during class time.