



Kindness Kids Club

Lesson plan for grades Pre-K through 2
Prepared by Lois Petren

Overview

The purpose of this program is to teach children to recognize and model kindness by learning to identify when another person performs an act of kindness to the planet, another person or themselves. This program is based on the children's picture book "Meet the Mermaids: Hi, I'm Anna", by Lois Petren.

The Kindness Kids Club tasks children to report to the group when they observe someone displaying this behavior. Each child is asked to draw a picture of the event or write a short description of it, depending on grade level. These testimonials can be displayed in the classroom on a special "Kindness Kids Wall".

Once the children can identify when others show kindness they can model this behavior in their own lives.

This lesson plan focuses on classroom activities but, with some modification, the program is scalable and can also be conducted at the grade level or on an all-school basis.

Objectives and Goals

1. Reinforce the importance of kindness in the world.
2. Teach children to recognize kindness in action.
3. Give children a way to acknowledge kindness performed by another person.
4. Create a natural setting to initiate a dialog between adult (teacher and parent) and child to talk about kindness.
5. Highlight examples of acts of kindness that the child can show in their own lives.

Required Materials and Equipment

- “Meet the Mermaids: Hi I’m Anna” book, by Lois Petren, or the YouTube video of the author reading the book
- Coloring pages for younger children
- Essay pages for older children
- Kindness Kids Club stickers to be used as badges; see downloadable file on the website; a sticker can be made with an Avery label maker

Anticipatory Sets

Before subject is introduced to the class:

1. Set up a Kindness Kids Wall with enough space to post pictures and essays created by the participants.
2. Ideas for location of the Wall:
 - a. Classroom door – inside or out, depending on location
 - b. Bulletin board outside of classroom
 - c. Bulletin board inside of classroom

Some ways to introduce this subject to the class:

1. Read-aloud of “Meet the Mermaids: Hi, I’m Anna” – either by the teacher or by viewing the YouTube read-aloud recorded by the author.
2. Talk to the class about the Kindness Kids Wall.
3. Ask the children the question, “What is kindness?” or “What does kindness look like?” It is always interesting to hear their definition and understanding of a word.

4. Talk to the class about the different ways we show kindness and ask for examples:
 - a. Kindness to the planet
 - b. Kindness to each other
 - c. Kindness to ourselves
5. Group conversation – ask students to recount when they have noticed people doing kind things for the planet, someone else or themselves.
6. Record their thoughts and post them on the Kindness Wall.

Direct Instruction

1. Explain to the class that they are all Kindness Kids.
2. Explain that, just like in the book, it's their job to go out and "catch" people performing acts of kindness.
3. Give each child a sticker to wear that says: Kindness Kids Club.
4. Explain that they will report back to the class about what they find after a designated number of days.
5. Note: It would be fun to have an initiation ceremony.

Guided Practice

While waiting for the due date:

1. Remind the class about the assignment periodically.
2. Conduct daily or weekly discussions with the class. This a great time to focus on individual components of kindness in action:
 - a. Kindness to the planet
 - b. Kindness to each other
 - c. Kindness to ourselves
3. Post a manual countdown clock on the "Kindness Kids Wall", ticking down day by day – teacher can point it out to the children every day.

On the designated day:

1. Remind class about the three types of kindness and the purpose of the club.
2. Read aloud "Meet the Mermaids: Hi, I'm Anna".
3. Ask the children to share the acts of kindness they are noticing. This is a good opportunity to support their thinking and also clarify any misunderstanding of what acts of kindness are. You want them to be

successful and feel comfortable with their drawing or description of the act of kindness they will be sharing.

4. Hand out the coloring pages/essay pages to the class.
5. Ask the class to draw a picture or write a short description of the act of kindness they observed.
6. Ask what they learned about kindness from this exercise.

Closure

1. Highlight the children's findings in classroom discussions.
2. Hang their pictures/essays on the Kindness Kids Wall.
3. This can coincide with a school event, such as parent/teacher conferences, school open house or a school/class assembly.

Extend the Club and its Goals

1. Reinforce that kindness is a life skill by continuing to practice it.
2. Continue to add to the wall all year.
3. Engage the class in regularly scheduled kindness check-ins to find out:
 - a. Have they observed kindness in action?
 - b. How does it make you feel when you see someone being kind?
4. Ask if they have modeled any of the behavior they observed – or found new ways to show kindness. This is another opportunity for them to draw or write about it and add it to the Kindness Kids Wall
5. Consider having a basket of stickers they could take each time they add an act of kindness to the wall.



FIVE Enchanted **MERMAIDS**

The Five Enchanted Mermaids celebrate diversity in our world and the belief that each child deserves to have a mermaid that looks like them. Through their individual personalities and traits, they weave stories that help teach skills for children 3 – 7 years of age.

The idea for the Five Enchanted Mermaids was born to provide a fun but educational backdrop for children in this age group. The characters address emotional skills (making friends, resolving conflicts, coping with change, making their own choices and “being good people”) and educational skills (learning to read, the alphabet, counting, symmetrical shapes, time, value of monetary coins/notes) that are important at that age in a child’s development.

The stories use each of the diverse mermaids as a role model for behavior and values.

LifeMadeSimple, LLC and acclaimed children’s book author, Lois Petren, are collaborating to provide a series of books, party accessories and other appropriate items as mermaid gifts to support these goals.

Here’s how to find us:

Website: www.fiveenchantedmermaids.com

Amazon store: [Five Enchanted Mermaids](#)

Book read-alouds: [Five Enchanted Mermaids YouTube Channel](#)

Here’s where you can find us on social media:

[Facebook](#)

[Pinterest](#)

[Instagram](#)

[Twitter](#)

[TikTok](#)