

KINDNESS CURRICULUM THEMES and LESSONS

THEME 1: MINDFUL BODIES AND PLANTING SEEDS OF KINDNESS

Lesson 1 Mindful bodies and awareness of attention/breath

Lesson 2 Growing seeds

Lesson 3 Growing friendship with kindness

THEME 2: I FEEL EMOTIONS ON THE INSIDE

Lesson 4 Quiet emotions on the inside

Lesson 5 I can notice things when I'm quiet on the inside

Lesson 6 Different emotions feel differently on the inside

THEME 3: HOW I FEEL ON THE INSIDE SHOWS ON THE OUTSIDE

Lesson 7 Emotions on the inside show on the outside

Lesson 8 Working with emotions in a kind and friendly way

Lesson 9 Emotions change many times each day

THEME 4: TAKING CARE OF STRONG EMOTIONS ON THE INSIDE/OUTSIDE

Lesson 10 Busy mind and clear mind

Lesson 11 Making mind jars and practicing using them

Lesson 12 What else can we do when we are upset?

THEME 5: CALMING AND WORKING OUT PROBLEMS

Lesson 13 Mindful movement

Lesson 14 Forgiving myself

Lesson 15 Forgiving others

THEME 6: GRATITUDE

Lesson 16 Gratitude for people or things in my life

Lesson 17 Gratitude for my body

Lesson 18 Gratitude for other people

THEME 7: ALL PEOPLE DEPEND ON EACH OTHER AND THE EARTH

Lesson 19 People around the world want peace

Lesson 20 Connections with others

Lesson 21 Caring for animals and insects

THEME 8: GRATITUDE AND CARING FOR OUR WORLD AND WRAP-UP

Lesson 22 Gratitude and caring for our world

Lesson 23 Bringing it all together

Lesson 24 Wrap-up

ACTIVITIES and BOOKS

Bell, pinwheels, A=Attention

Bell, planting seeds/bulbs

Bell, Growing Friendship Wish, *Sumi*, kindness garden/seeds, follow me

Bell, GFW, kindness garden, *A Quiet Place*, belly buddies, B=Breath & Body

Bell, GFW, animal movements, *The Listening Walk*, sounds on the farm

Bell, GFW, *Cricket*, animal movements, belly buddies, E=Emotions

Bell, GFW, emotions charades

Bell, GFW, *I'm the Best*, peace wands, follow me

Bell, GFW, animal movements, *Dogger*, beanie babies, Caring song, C=Caring

Bell, GFW, kindness garden, follow me, *Moody Cow* & mind jar, belly buddies

Bell, GFW, animal movements, making/using mind jars

Bell, GFW, *When Sophie Gets Angry*, calm-down place, follow me

Bell, GFW, kindness garden, animal movements, belly buddies

Bell, GFW, animal movements, imaginary/bear/ant hugs, F=Forgive

Bell, GFW, kindness garden, *Down the Road*, pass the egg, peace wands

Bell, GFW, *Gracias/Thanks*, stand and repeat, gratitude drawing, G=Gratitude

Bell, GFW, *All of Me*, mindful eating

Bell, GFW, *What's My Job*, community helper pretending, Caring song

Bell, GFW, globe, peace vocabulary, *Can You Say Peace*, Caring song

Bell, GFW, kindness garden, *Somewhere & How Kind*, pass a smile, D=Depend

Bell, GFW, animal safari, *Hey Little Ant*, Caring song

Bell, GFW, *In My World*, helping hands and hearts

Bell, GFW, Caring song, globe, bracelets, A-G pages

Bell, GFW, hands and hearts wreath, Caring song, pass a smile