



Caring for Others Unit Kindergarten • Ages 4-6

TIME FRAME

Preparation: 10 minutes
Instruction: 20 minutes

MATERIALS

Kindness Song Sheet, one for teacher
(and more copies if necessary)

Green Acres Theme Song (you can
download this instrumental recording
for free: http://www.televisiontunes.com/Green_Acres_-_Instrumental.html)

[Kindness Concept Posters:](#)
Helpfulness, Respect

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.
SL.K.1a-b, 2, 3, 6 Colorado:
Comprehensive Health S.3,
GLE.1, EO.a; Reading, Writing and
Communicating S.1, GLE.1, EO.c,f,h,i,j;
S.1, GLE.2, EO.a,b,c,d,e; Music S.1,
GLE.1, EO.b,c)

[Learning standards key](#)

Kindness Song

Students will be able to define the concept
of kindness and learn ways to be kind.

Lesson Background for Teachers

Kindness is expressed through our actions and thoughts to ourselves, others and
our community.

Visit the RAK YouTube channel to see a video of a school in
Cambridge, England embracing kindness:
<https://www.youtube.com/watch?v=R2BRVWDRhdc> (4 min. 33 sec.)

Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and
increase understanding.

KINDNESS Kindness means being friendly, generous or considerate to
ourselves and others through our thoughts, words and actions.

RESPECT Treating people, places, and things with kindness.

CARING Feeling and showing concern for others.

HELPFULNESS Assisting or serving in a kind way.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Referring to the images on the Kindness Concept Posters to enforce understanding.
- Turning to a friend and practicing the hand motions.
- Reflecting on images that show respect, helpfulness and caring from the song sheet to better understand the meaning of these words.
- Practicing or singing song outside during recess.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

The **Share** step in the first lesson of each unit is intended to set the tone for teaching kindness.



The RAK paradigm is the framework for teaching and building kindness skills.



Resources

Look online for more songs that promote **kindness**.

Share (3 mins)

Ask students to share with the person sitting next to them what the word kindness means.

Inspire (5 mins)

*We are going to start with a song about **kindness** that we will learn together and hopefully sing throughout the year. We will learn one line at a time and then learn or develop some hand motions to go along with it!*

Sing students the Kindness Song.

Empower (10 mins)

Teach students the Kindness Song.

Learning the Kindness Song (5 mins)

Sing one line to the tune of Green Acres and have students repeat or you can post the song using your smart board or other device. An instrumental version of the song can be downloaded or streamed to sing along with at: http://www.television-tunes.com/Green_Acres_-_Instrumental.html. You can spend as much time as you like on the song and can repeat over a number of weeks.

Teach the students the hand motions found on the song sheet or have students develop their own.

You may also want students to write their own words for a song. If so, then perhaps you want to do this activity after the other activities, so they can think about other ways to be **kind**.

Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Question

- Can you repeat one line about how we can show **kindness**?

Reflection Question

- Can you think of a time when you were **kind, helpful** or **respectful** to someone or someone else was to you?

Summary

*Today we learned a song that helps us remember some ways to be **kind** to others and ourselves.*



Act (2 mins)

Kindness Minute

Turn to the person next to you and give them a high five while saying, "Thanks for being my friend!"

Kindness in Action

Do one **kind** act for someone in class today.



The Kindness Song

Sung to the tune of the [Green Acres Theme Song](#).

Written by teachers at Rocky Mountain Academy of Evergreen, CO

Showing kindness is the way to be

(Hand over heart Hands make a circle, then point to someone else and then self)

Makes a better world for you and me

(Hand to mouth, move hand away, put hand gently on someone else's arm)

Use kind words and be really nice *(Hand over heart)*

Make it a habit, don't think about it twice

(Pound fists on top of each other, shake head no twice)

Being kind isn't hard to do If you want kindness, then show it, too

(Move hand in a sweeping motion)

Give a smile and have a friendly way *(Point to the mouth, give a big smile)*

Get right to it, and get started today *(March in place)*

Use Manners *(Motion to someone that they can go first)*

Be Nice *(Pretend to hand something to someone)*

Be Helpful *(Pretend to clean up trash)*

Respect! *(Hands to ears to show listening carefully)*

Kind words you should choose *(Point to the mouth, give a big smile)*

Rude words make you lose *(Point to the mouth, give a big frown)*

`Cause kindness truly rules! *(Point fingers high in the air)*