

Theme: CONNECT

Educational Resources: K-6th

Title: My Secret Admirer!

Subject: Any

Prep Time: 10-30 minutes

Activity Time: One day or One week

Activity Description:

The object of this lesson is to create an atmosphere where students NOTICE another person and ACT kindly toward that person. Practicing kindness helps us get better at making it a habit.

Direct Instruction –

Teachers prepare by assigning students their secret admirer. Choose wisely based on students that will have success with a specific other student. Choose students that maybe don't know each other very well and would be well matched.

Define Secret Admirer for students, which is someone who shows that he or she thinks highly of a person but keeps his or her identity a secret from that person. Explain to the class that they will have a "secret admirer" for the amount of time you designated- day or week. Explain that a "secret admirer" notices nice things about another person and wants that person to know how and why they are special. Students will be required to write kind messages and secretly give them. They can put them in their desk, cubby, backpack, etc.

Assign students to give a specific number of messages to give based on the time you are allotting to this activity. (at least 2, but up to 10)

Discuss for a minute how this might be an uncomfortable task. Taking action for kindness can seem scary, lonely. Remind them that all students will be doing this. Remind them that people get better at activities they practice...even kindness. Uncomfortable tasks become more comfortable with repetition.

Group Discussion –

As a group, ask students to brainstorm kind words and phrases that have been said to them. Then ask students to brainstorm kind words or phrases they have said to others. Teacher records these on the board as inspiration for their messages. Words might include funny, smart, thoughtful, dedicated, giving, respectful, honest, etc. Phrases might include hard worker, kind to everyone, helpful to those that need it, smiles brightly, makes me feel seen, good at ____, etc.

Partner Activity –

Students may use friends to help secretly give the messages, if teacher agrees to this fun method, i.e. it doesn't become a distraction with class.

Individual Activity –

At the end of the time period as the students to answer the following questions, which will become their Outcome measurement.

1. How many messages of kindness did you GIVE?
2. How did you feel giving the messages?
3. How many messages of kindness did you RECEIVE?
4. How did you feel receiving the messages?
5. What lesson did you learn from this activity?
6. How will you continue to spread kindness?

Outcome Measurement:

Answering the 6 questions above.

Sources:

<https://www.merriam-webster.com/dictionary/secret%20admirer>

Aligns with Kansas State Standard:

- Social Emotional Character Development Standards, Character Development Model Standards
 - Personal Development- Self Management
 - Social Development- Social Awareness
 - Character Development- Core Principles

Let SevenDays® share your Kindness and Understanding. Email info@SevenDays.org or post on your social media and tag @GiveSevenDays. #GiveSevenDays #BeTheRipple

****Disclaimer: The lesson plan above should be adapted to your class- grade level, knowledge base, time restrictions, class make up, etc. Only use what works for your situation.**