

**Theme:**

**Educational Resources: K-6<sup>th</sup>**

**Title: Kindness Posters**

**Subject: Art or any**

**Prep Time: 10 minutes to gather materials**

**Activity Time: Up to one class**

**Activity Description:**

The purpose of this lesson is to make a ripple effect by creating something that others can see and be inspired by.

Direct Instruction –

Teachers will start by explaining what a ripple effect is and how it can be applied to kindness and understanding. Show the ripple video. [Ripple Effect Video](#) Discuss how Kindness and Understanding can have a ripple effect in your community. Let students know they will create a Kindness poster to tape to a window in their home. Briefly discuss what words, phrases or images might spread kindness. Ask students how kindness can spread from you to friends, family and eventually strangers.

Partner Activity-

Students will brainstorm with a partner what outcomes they want their posters to encourage. How do they want people to react to their poster? What images or phrases might help get the desired response? How have others shown you kindness? What inspires them to be kind?

Individual Activity –

Students will have time and resources (poster boards or construction paper and markers or crayons) to make their posters.

Group Activity –

Have students take a Gallery Tour of the posters in their class.

**Outcome Measurement:**

Ask students to write a paragraph explaining how they felt after seeing the kindness posters. What did the posters inspire them to do? Do they believe their posters will inspire a ripple effect and why?

**Sources:**

SevenDays® Inc.

Pay It Forward 9/11 Foundation

YouTube

**Aligns with Kansas State Standard:**

- Social Emotional Character Development Standards
  - Personal Development- Self-Awareness
  - Personal Development- Self-Management
  - Character Development- Responsible Decision Making and Problem Solving

Let SevenDays® share your Kindness and Understanding. Email [info@SevenDays.org](mailto: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.**