

Theme: Onward

Educational Resources: K-6

Title: Pay It Forward

Subject: Social Studies

Prep Time: 5 minutes

Activity Time: 20 minutes

Activity Description:

The purpose of this activity is to set your mind to look for ways to be kind daily and take action.

Direct Instruction –

Teachers set up YouTube on a site your class can watch and hear. Watch this 4.5 minute video with your class. It is generally about a boy who sees people making negative choices and goes on to make good choices that others see and continue paying it forward.

<https://www.youtube.com/watch?v=PT-HBl2TVtI>

After the video and group discussion, let the students know that they will fill out a Pay It Forward Contract that is just for them. What do they think they can accomplish. Write it and save it somewhere that will remind you to take action.

Group Activity –

Have a discussion with your students. What did they see in the video that impacted them? What have they done to show kindness and love to those around them? Can they identify one kind thing they could do that they haven't done yet? What ideas did they get from the video?

Why is it important to show compassion and thoughtfulness to themselves and others?

Individual Activity –

Students will write their own Pay It Forward Contract with themselves.

Pay It Forward Contract:

I will look for opportunities daily to Pay It Forward. Each day I will do one act of kindness that could include,

_____ .

By: _____ Date: _____

Outcome Measurement:

Take a poll of students a few times after this lesson (one week or one month later). Ask them to close their eyes and raise their hand if they have been fulfilling their contract. Record the percent of student each time and encourage students to keep up the good work. If time permits, allow students to share an example of something they have done.

Sources:

SevenDays® Inc.

YouTube.com

Aligns with Kansas State Standard:

- Social Emotional Character Development Standards
 - Personal Development- Self Management
 - Social Development- Interpersonal Skills
 - Character Development- Core Principles

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****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.**