

**Theme: Onward**

**Educational Resources: K-6**

**Title: Plan It In Advance**

**Subject:**

**Prep Time:**

**Activity Time:**

**Activity Description:**

Direct Instruction –

Teachers discuss what it means to move “Onward” with any activity. Let them know that it is going further or extending beyond. Explain that planning is important when continuing further with kindness. Having a kind and understanding mindset takes forethought and practice.

Group Activity –

Give the kids time to think about what they want to do to keep kindness active in their lives.

Brainstorm ideas that are achievable on a regular basis. Let the students write ideas on the board for others to see. Once a large list has been created, share this inspirational video.

<https://www.youtube.com/watch?v=UCCb85TgeEU>

Individual Activity –

Ask students to take out their planners, calendars, or anything they use to stay organized. Have them choose days throughout the rest of the school year and write specific ideas of what they will do on that day. Example: Every Thursday this school year- (write on my planner) I will give a classmate that I don't know very well a sincere complement. Example: First Wednesday of every month- (write on my calendar) I will ask a friend in school to study with me for an upcoming test. I will make sure I complement them on how they are doing in the study process.

**Outcome Measurement:**

Ask students to write a paragraph or bullet points answering this question.

How does planning out kind actions help me and others?

**Sources:**

SevenDays® Inc.

<https://www.youtube.com/watch?v=UCCb85TgeEU>

**Aligns with Kansas State Standard:**

- Social Emotional Character Development Standards
  - Personal Development- Self management
  - Personal Development- Self awareness
  - Social Development- Interpersonal Skills

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.**