



Unit Overview

Grades K-6

Every Lesson:

- Identifies key vocabulary and tricky phrasing
- Includes discussion starters and questions to check for understanding
- Features engaging writing prompts
- Includes activities and at least one printable activity or resource

Aligned to Common Standards

Every lesson plan aligns with grade-level standards in Reading, Writing, Speaking & Listening and Literacy. Every lesson plan supports ASCA Mindsets & Behaviors.

Four lesson plans plus a song that emphasizes the power of a smile!



Kindness Adventure Theme Song

When You Smile ©2016 All for KIDZ® 2:09 mins.

- **Lyrics Sheet:** Follow along with the song!
- **Lesson Plan:** Discuss the meaning of the lyrics
- **Download MP3 files:** www.KindnessAdventure.com/Resources.html
- **Sheet Music:** Play and teach the song in Music class

IDEAL FOR LESSON PLANS
PRIMARY (K-3)
INTERMEDIATE (3-6)

Book Title and Author

Printable Activities

Themes

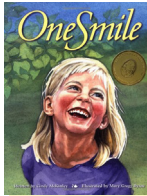


Miles of Smiles

by Karen Kaufman Orloff and Illustrated by Luciano Lozano

- **When You Smile:** Make a list
- **Trace and Draw:** Journal writing for beginning writers
- **Lyrics Sheet:** Follow along with song

Kindness
Kindness Adventure
Power of a Smile
Encourage Others
Smile
Compassion for Others



One Smile

by Cindy McKinley and Illustrated by Mary Gregg Byrne

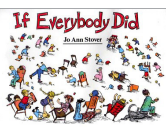
- **Planning Grid:** Story writing
- **Chain Reaction:** Fill in adventure bubbles



What Does it Mean to be Kind?

by Rana DiOrio and Illustrated by Stéphane Jorisch

- **Trace and Draw:** Journal writing for beginning writers
- **We are Kind:** Create a class book
- **Super Acts of Kindness:** Keep a list of kind acts



If Everybody Did

by Jo Ann Stover

- **If Everybody Did:** Create a story innovation
- **Chain Reaction:** Keep a list of smiles passed around
- **Start a Kindness Adventure:** Poster planning sheet

Miles of Smiles

by Karen Kaufman Orloff and illustrated by Luciano Lozano

Themes

Kindness
Kindness Adventure
Power of a Smile
Encourage Others



Can a smile start a kindness adventure? Follow the journey of one smile, as it makes stops at different places along the way until it links a whole community together and finally comes back home again. This heart-warming story opens the discussion to the power of a smile. How far can your smile travel?



Key Vocabulary

Kindness – wanting and liking to do good things and to bring happiness to others

Adventure – an exciting journey

Mope – a look on your face that shows you are unhappy or depressed. To move around slowly with head down because you are unhappy

Hope – to want something good to happen or be true

Soothe – to make feel better, calmer, less angry

Tricky Phrasing

Beam – to smile happily

Made him cross – made him angry

Brightens up his face – face changes from looking sad to looking happy



 **PRINTABLE:**

When You Smile...

Before Reading:

1. Have kids describe a smile: corners of your mouth move up, make your lips in shape like bottom of a circle.
2. Why do you smile? Happy, cheerful, like something, laughing,
3. Is there power in a smile? What can it do? Answers will vary
4. Make a list of ideas (As a whole class, a small group or individually).
What happens when you smile? What can it do to others? EX: make others happy, cheer them up, show that I like them, Tells them I want to be friends, etc.

After Reading:

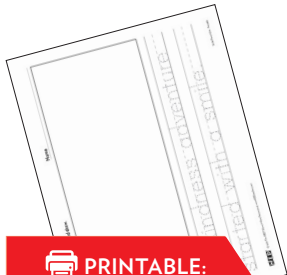
1. In the story, who started the smile adventure? Baby (to mom)
2. Who got the last smile on the smile this kindness adventure? Baby (from dog)
3. What happened when the smile was passed on? How did the smile change the way people felt? Made Sebastian beam, moping coaching of losing team got hope, Valerie's tears from hurt knee and missed goal changed to smile, angry boss cheered up, boy who was upset over broken train was soothed, Jen was sick and felt better, puppy made crying baby smile...



Miles of Smiles

by Karen Kaufman Orloff and illustrated by Luciano Lozano

4. Have you ever NEEDED a smile? Describe the situation. How would a smile have helped?
Answers will vary
5. How do you feel when you smile at someone and they smile back? *Answers will vary*
6. How could a smile encourage others? Tell about a time when you were encouraged when someone smiled at you. *Answers will vary*
7. How do you know when someone needs a smile? *They look sad. They are alone. They are crying. They are angry. Answers will vary*
8. What could you do at your school to start a Mile of Smiles or a kindness adventure?



PRINTABLE:
Trace & Draw

Writing Prompts

My kindness adventure started with a smile. Today, I saw someone who needed a smile....

Write a creative story – What makes me smile.

Attach a photo of your smiling face and write a story (real or creative) about why you are smiling.

Activities

Smile Game

One student starts a smile and passes it on. Those 2 students go to 3rd student and pass smile on. All 3 go to 4th, all 4 go to 5th and so on and so on until entire class ends up at teacher’s desk with a BIG smile. Practice with your class and then send them to recess to play the Smile Game outside. How many SMILES can they gather in one group?

Sing It!

Sing the Kindness Adventure’s song “When you Smile”. Download sheet music (if you have a keyboard and can play!) OR download sing-a-long version at: www.KindnessAdventure.com/Resources.html See lesson plan for lyrics too!



PRINTABLE:
Lyrics Sheet


Home Connection

Hey Parents – snap photos of your kid’s greatest smiles! Start a smile collage on your fridge. Remind kids OFTEN what their smile does to you by telling them “when you smile ----

Resources

I've Got Smile Power Buttons

SMILE POWER buttons are a great reward when students are kind and welcoming of others!
Visit www.ShopNED.com

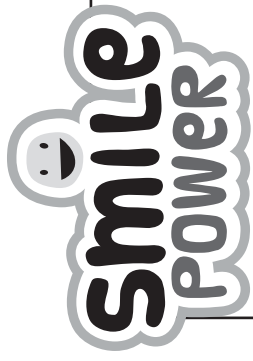


What happens when I smile?





How does my smile make others feel?



Trace letters and draw.

Name _____

A large empty rectangular box for drawing.

My kindness adventures

started with a smile.

WHEN YOU SMILE

Kindness Adventure™ Theme Song Lyrics

Download MP3 audio files and sheet music: www.KindnessAdventure.com/Resources.html



1

I know a secret
To make the world a better place
It's true in Kenya
And right here in the United States

It's a super power
Hidden under your nose
When you choose to let it shine
The whole world glows!

CHORUS

2

When you see someone
Who doesn't look like you
If you smile you break down the wall
You can find a friend brand new

Kids all over the world
Come join this kindness ride
We're all a little different
But we're the same inside

CHORUS

3

Now you know the secret
That kindness is the tool
To make this world better
Starting at your school

Celebrate your differences
You each have good to give
Let's get this party started
In the way we live

CHORUS

CHORUS

When you smile
We feel it all around the world
Every boy and girl
You've got a super power when you smile

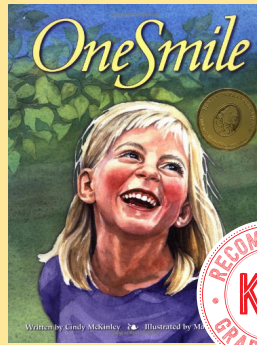
(When) you smile
We feel it all around the world
Every boy and girl
You've got a super power
when you smile

One Smile

by Cindy McKinley and Illustrated by Mary Gregg Byrne

Themes

Kindness
Smile
Encourage Others
Compassion



The smallest act of kindness (a smile) can impact the lives of others. In this story, Katie's innocent smile ignites a circle of warmth that flows from person to person, touching the hearts and lives of people she may never even meet. Hopefully your students will be inspired as they learn that they have a super power when they smile.

Key Vocabulary

Breezy – slightly windy

Discouraged – to lose hope or confidence

Inspired – to feel good, to want to do something similar

Struggling – not giving up in spite of having a hard time

Rescue – to help someone in trouble

Grateful – thankful

Exclaimed – to speak out with excitement

Stationery – paper and envelope for letter writing

Nervous – to feel anxious or fearful

Tricky Phrasing

Nana – another name for Grandma

Before Reading:

1. Why do you smile?
2. What does it mean to be kind to someone?
3. What are some ways you can show kindness to others?
4. How does a smile show kindness?

After Reading:

1. Retell the story page by page and describe the power of the smile and how it changed each person.
 - Katie to young man (*sad/discouraged-inspired*)
 - young man to woman with flat tire (*struggling, alone-grateful*)
 - woman to waitress (*thankful for help*)
 - waitress to children (*surprised with gifts*)
 - children to new girl next door (*sad without friends, happy*)
 - new girl to grandmother (*happy that grandchild is happy with move*)

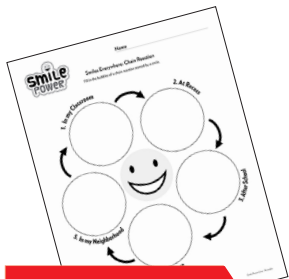
One Smile

by Cindy McKinley and Illustrated by Mary Gregg Byrne



 PRINTABLE:

Planning Grid



 PRINTABLE:

Chain Reaction

Resources

I've Got Smile Power Buttons

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Visit www.ShopNED.com to purchase.



- grandmother to other grandchildren (*make all grandkids happy*)
- youngest grandson (*nervous about doctor visit – distracted/happy*)
- little boy in Dr office to girl with broken arm (*sad-felt better*)
- little girl happy with dad (*worried, relieved*)
- dad at work to young man needing a job (*kindness*)
- young man to Katie – (*van fixed-happy she can go to Grandpas' birthday*)

2. **Brainstorm a list of emotions that a smile could change.** Remind kids to look for these feelings in others around them (in class, at recess, at lunch, on the bus, at home, in neighborhood) to see if a smile could help change them.
3. Discuss how it feels when someone smiles at you.
4. Share stories of a time when a smile helped you feel better.

Writing Prompts

Creative Writing: *The Smile that Changed Others.* Use the planning grid to write about the power of a smile.

Write your own story about a smile that traveled to 3 others before coming back to you. Describe how the smile change each person 's feelings. Start and end with YOU!

Smiles Everywhere: Draw a chain reaction story about a smile that traveled around your world—from your class to recess to after school, at home and in your neighborhood.

Activities

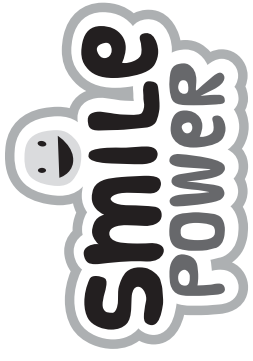
Start a Smile Adventure

Look for someone not smiling at recess. Give them a smile and see what happens. Ask them if they want to go on a smile adventure with you. Now the 2 of you go together and find someone else who needs a smile. How many can you get in your smile adventure? 3, 5, 10, more!

Home Connection

Help your child find ways to start a smile adventure.

Talk about what might happen after they share a smile with someone. You don't always get to see the smile adventure go around and it might not come back to you but a smile travels. Get in the practice of making up GREAT stories about where your child's smile might go. Be creative. No smile is too little to have a BIG adventure.



Name _____

The Smile that Changed Others

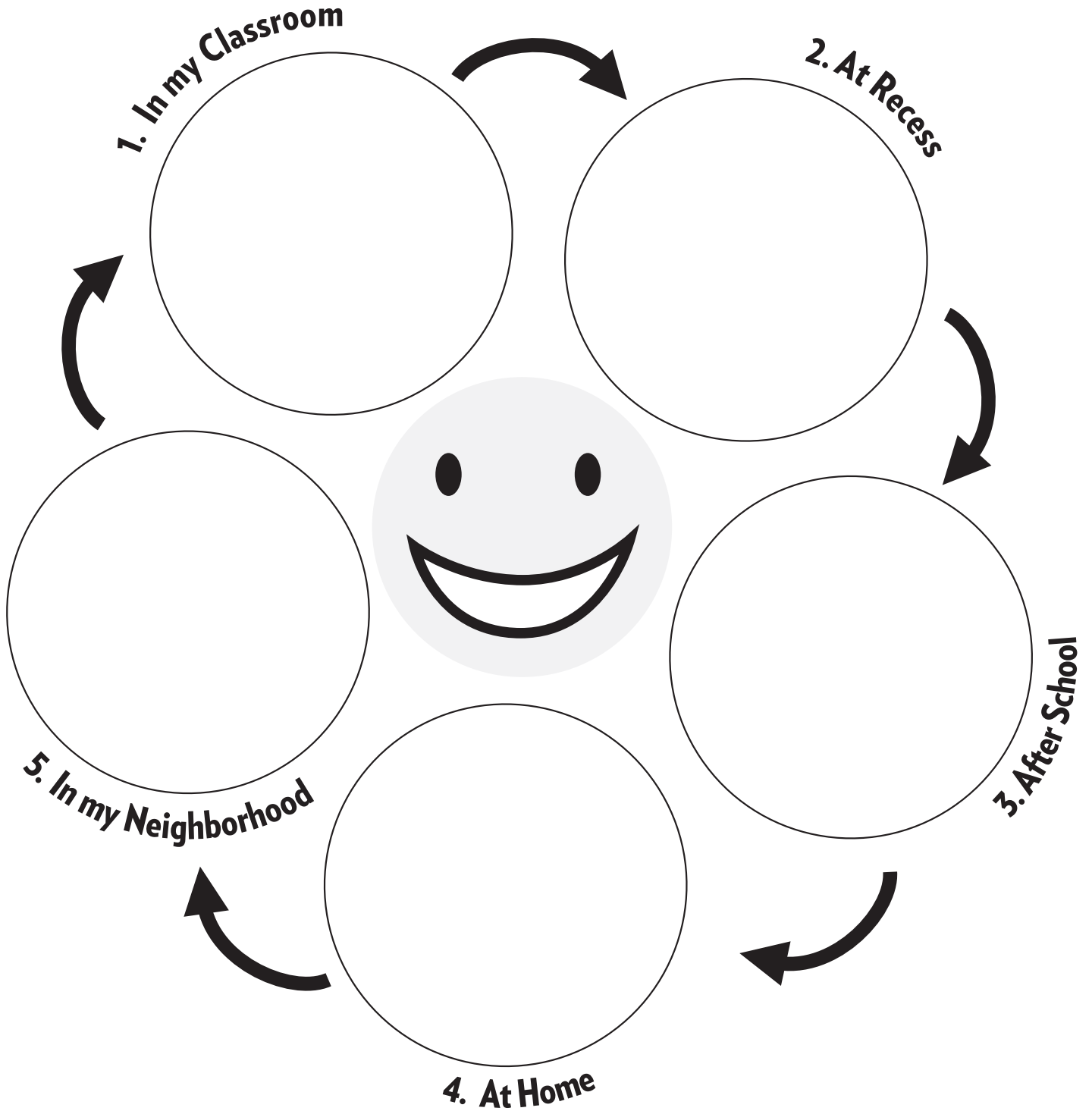
WHO	WHERE / WHEN	FEELINGS BEFORE	FEELINGS AFTER
Example: NED	at Recess	Sad that no one would play with him.	Happy - felt like he was part of the group.
1.			
2.			
3.			
4.			
5.			



Name _____

Smiles Everywhere: Chain Reaction

Fill in the bubbles of a chain reaction started by a smile.



What Does it Mean to be Kind?

by Rana DiOrio and Illustrated by Stéphane Jorisch

Themes

Kindness
Celebrating Differences
Encourage Others
Anti-Bullying
Compassionate
Empathy



Who has the courage to be kind to a new student in class? One little girl with a red hat does. This story defines kindness by showing fun examples of what kindness is NOT and then gives great, practical ideas for ways to show kindness. Compassion, empathy for others, and little acts of kindness can make a big difference at your school.

Key Vocabulary

Category – a group of common things, a set of the same type

Compliment – to give praise or approval or like or congratulations

Struggling – having a hard time, trying very hard

Courage – to face fear, to not let fear stop you

Harmonious – to all feel the same way, to get along with everyone

Tricky Phrasing

Being Patient – to stay calm. to be able to give another person time without getting upset

Less Fortunate – someone that might not have the things you have (food, home, health)

Before Reading:

1. What does it mean to be kind? *Answers will vary.*
2. Brainstorm a list of words that mean kind. *Nice, friendly...*

After Reading:

1. What were some examples of kindness in the story? *Answers will vary. Smiling at new student, giving someone a compliment, holding the door open for someone else.*
2. Which act of kindness have you personally experienced? *Answers will vary.*
3. How do you feel when someone does something kind to you? *Answers will vary. Happy, Better, Encouraged, Friendly, Part of a group, etc.*
4. How do you feel when you make someone else feel good because you did something kind? *Answers will vary. Proud, Happy, warm inside, etc.*
5. The author wrote: Being kind means having the courage to treat others the way you like to be treated. How do you want to be treated? Why does it take courage? *Answers will vary.*

What Does it Mean to be Kind?

by Rana DiOrio and Illustrated by



 PRINTABLE:

Trace & Draw

Writing Prompts:

I am kind when I _____.

Student completes sentence and draws a picture.

Journal Writing: Being kind means . . .

Students finish the sentence or write a paragraph that summarizes what they learned about kindness

Creative Writing

“We are Kind” Class Book

Compile examples of acts of kindness in your classroom and make a class book. When kids are unkind in your class, give them time to read the book and think about how their actions could be kinder next time. It will be a nice reminder for those who need to learn a little more about kindness. Have each student create one page for the book.



 PRINTABLE:

Class Book

Activities:

School Posters: Treat others the way you like to be treated. Have students create picture posters for your school hallways showing examples of ways they want to be treated.

Be Kind Today: Start a kindness whisper when your kids are lined up to go out to recess. Whisper in the first child's ear...be KIND today and tell them to pass it on. Once the whisper gets to the back of the line – send them to recess.

Home Connection:

Keep a list of acts of kindness you see your child doing. When they get 10 – surprise them with an act of kindness!



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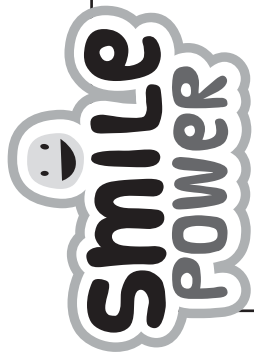
Super Acts of Kindness

Resources

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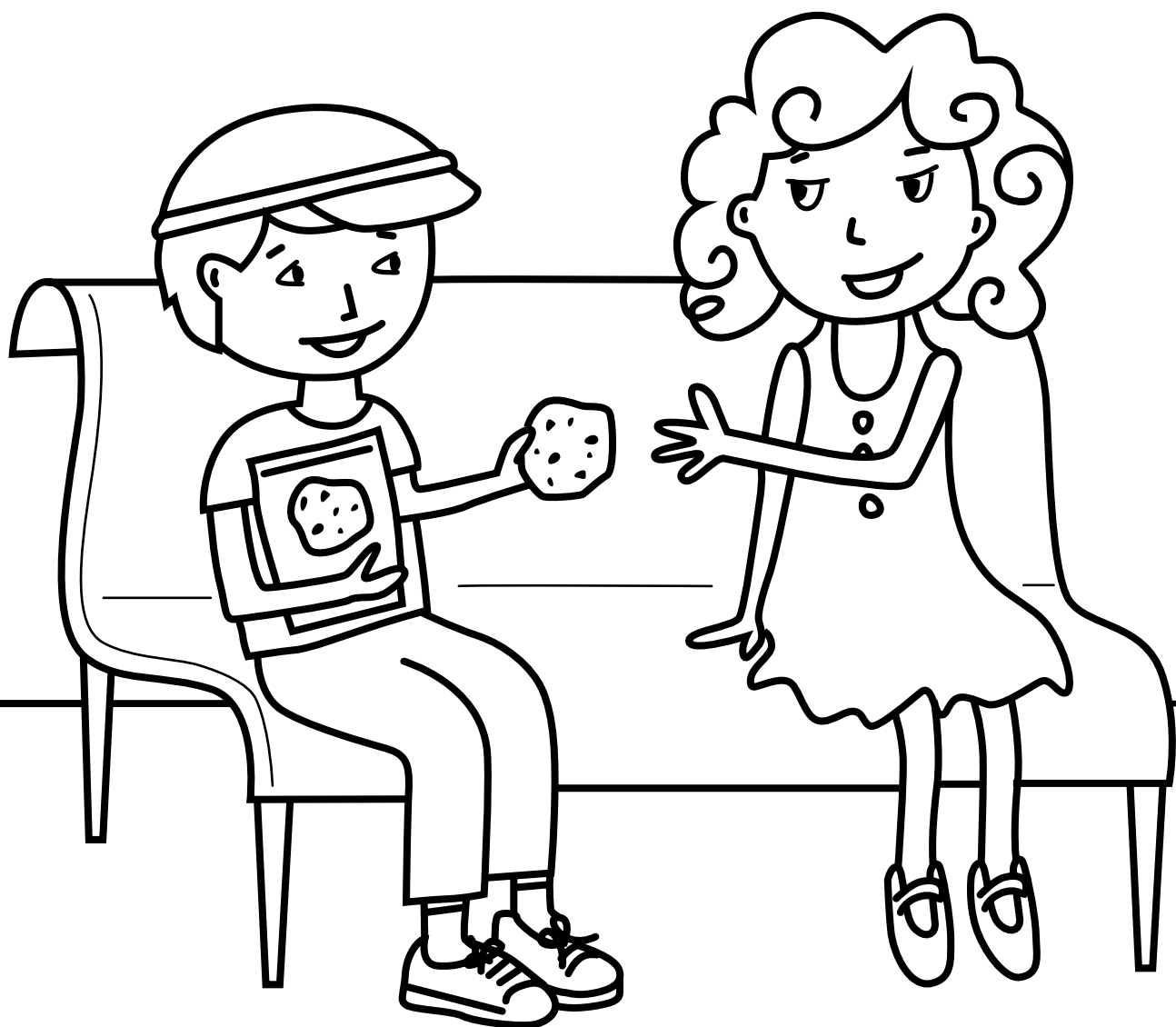


Trace letters, complete sentence and draw.

Name _____

I am kind when I

We are Kind



Written by _____



Name _____

_____ was kind to me when

's Super Acts of Kindness

Name _____

