Caring is Cool: Video Lesson

What is Kindness?
Students from Bidii Primary School define “kindness” and share ways they think elephants show care. You can use this video to start discussions about how, even in the animal kingdom, caring is cool.

Discussion starters:
Choose the appropriate questions for the learners in your classroom.

Remembering How did the Kenyan kids define kindness? What do they do to show kindness?
Understanding How do elephants show kindness? How is it the same/different as humans?
Applying How do you show kindness at school, at home, with friends?
Analyzing What impact can kindness have on your school, your home, with your friends, and with kids you don’t know at school?
Evaluating How do you feel when someone shows kindness to you?
How do you feel when you show kindness to someone else?
Creating What are some things you could do to help your school be a kind school?

Activity - Ways I Can Be Kind to Others

Activity - Keeping Track of Kindness
Use clothes pins to visually track students’ kind acts. Whenever there’s a kind act that happens, clip a beautifully decorated clothespin to the “KIND” board. If an unkind act happens, then add a plain clip to the “UNKIND” board. Set specific goals (day, week, month) to encourage students to fill up with kindness!

Activity - Create Kindness Posters
Design posters for your school halls. Brainstorm 25 ways to show kindness at school and make a poster for each one.
Ways I can Be Kind to Others

AT HOME

AT SCHOOL

WITH FRIENDS

Name
UNKIND