

Kindness Coupons

This lesson focuses on how we can respond with kindness, planning ahead to gift kindness throughout the week as family members decide through the use of a coupon book.

Kindness Concept(s)

Responsibility, Kindness, Self-discipline

Lesson Timeframe

45 minutes

Required Materials

- Basic Art Supplies
- Coupon Book template

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



**DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.**
See last page for details.

Lesson Objective

Students will:

- Identify ways children can respond with kindness towards others in a variety of situations.
- Practice acts of kindness at home.

Teacher Connection/Self-Care

It is no coincidence that the first half of the word responsibility is the word response. We are responsible for how we respond to others. Although it can be a struggle, responding in kindness is a true gift that we can offer to those around us. The beauty of this response is that it is completely free for both you and the recipient! A change in attitude, an adjustment in your perspective, a deep breath before reacting: all of these actions allow you to respond in kindness regardless of the situation at hand. That said, some people and situations may require you to dig a bit deeper to conjure up the kindness needed to keep the tone upbeat. Don't despair! You can lead with kindness in every situation. The key is to plan ahead. This week, brainstorm tough situations that frequently lead you to struggle with a kind response. How can you add a kind word in these scenarios? Here are a few examples to get your juices flowing.

- 1) If someone is prone to complaining, build them up with kindness and suggest they take a stab at creating something to fix/adjust/replace the area of concern.
- 2) If a team meeting frequently ends with both sides becoming confrontational, plan ahead to write down the contributing thoughts of every member and then highlight similarities within the group to increase buy in.

Now it's your turn. How can you respond with kindness?

Tips for Diverse Learners

- Allow students to draw pictures or dictate the acts of kindness in their coupon book.
- Give ideas for students to include in their coupon book.



Share

3-5 minutes

Becoming responsible citizens in our school takes a great deal of practice. Let's highlight some ways we have been responsible this past week:

- *What is one way you used self-discipline when we are walking in the halls?*
- *What is one way you have made responsible choices with your homework?*
- *What is one way you were able to use self-discipline to wait for something when you really wanted it?*
- *How were you able to be responsible in our classroom last week?*

All of these choices are ways we can respond with kindness towards ourselves, others, and our environment/space!



Inspire

Responding with Kindness

7-10 minutes

The first part of the word RESPONSIBILITY is actually RESPONSE. A response is another word for choice. We can respond kindly or meanly. We can choose kindness or choose meanness. You have this choice many times throughout the day! Think back to this morning when each of us arrived at school. What choices did you make? How were able to respond with kindness when you got here? (I chose kind words with the bus driver, I chose to hold the door open for others, etc.)

- Create a 3 column chart on the whiteboard. Label the sections Student, Teacher, and Parent.
 - As a class, brainstorm as many choices as possible under each heading. How can each of us respond with love?
 - Remind students that we can respond with kindness, even when others choose to be mean or unkind! It takes self-discipline to show kindness no matter what. We can do it!



Empower

20 minutes

Students will create personalized Kindness Coupon books for their families to use at home as they see fit. Each student must design at least 5 coupons.

- Step 1: As a class, brainstorm ideas of kind actions that can be completed at home. Some ideas include setting the table, picking up your clothes, giving a hug, putting away your backpack, helping a sibling, etc.
- Step 2: Each student selects 5-10 (personal choice) coupons to include in their book. Each coupon can include pictures and words for the recipient. The student can dictate the words to a partner or teacher if needed.
- Step 3: Each student will assemble their book and create a cover.

- Step 4: Students will take their coupon book home and report back on how their family has used the coupons throughout the week.



Reflect

3-5 minutes

Responding with kindness is a choice you can make each and every day. The best place to start practicing this kindness is at home with our families. When we give kindness, we are more likely to receive it as well. There is no better time to start than now!



Extension Ideas

- This activity could be modified to create a coupon book for one specific person in each student's family. Perhaps a family member they struggle to get along with would be a good recipient!
- To encourage students to use the coupon books, create a bulletin board that tracks how many coupons have been redeemed. Students bring each coupon back after it has been used. Tack the coupon up to track on the kindness being spread throughout all the homes!
- The coupon book could also make a nice gift for mothers or fathers depending on the timing within your school year!



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The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

This KINDNESS coupon is good for



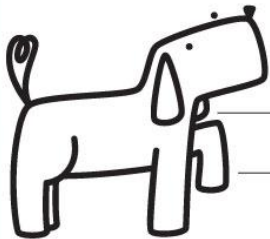
With love from _____

This KINDNESS coupon is good for



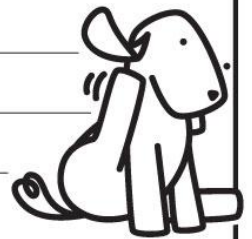
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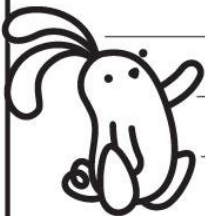
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