

# 1. Activity Guides

## Overview

- **Each Slide within the Activity Guides Section will outline:**
  - **Introduction:** What the activity is
  - **Where it is appropriately applied (Classroom/Cafeteria/Hallway)**
  - **Resources required to complete activity**
  - **Instructions:** How the activity works

## (1.A) Caught Being Kind

- **Intro:** Recognizing and Rewarding students for committing acts of kindness around the school
- **Where** Hallway/Classroom
- **Resources:** Caught being Kind Stickers, Bulletin Board, Push pins, Markers
- **Instructions:** When a student is found committing an act of kindness by a teacher or student, their name will be placed on a bulletin board and be given a sticker/reward for doing so



# (1.B) Kindness Poster Program

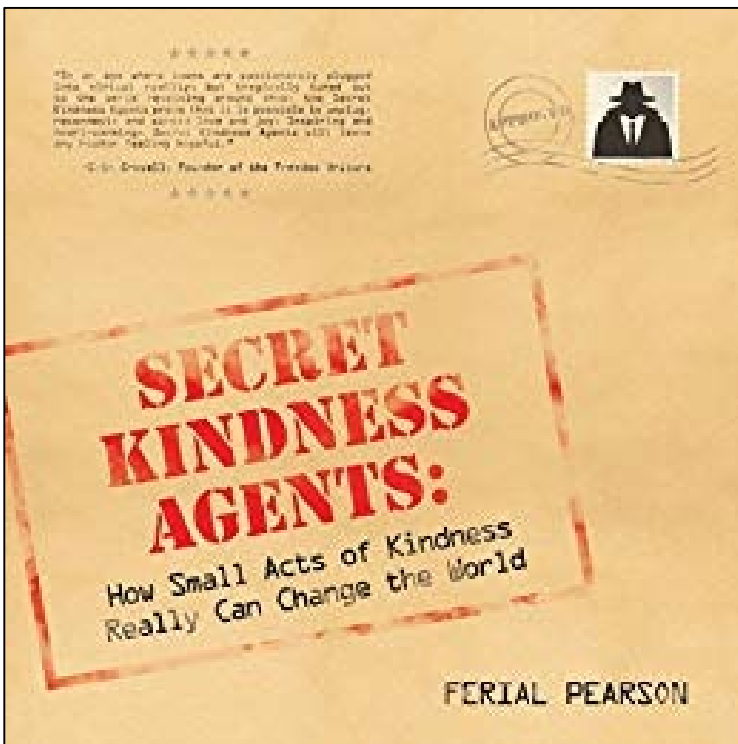
- **Intro:** Schools receive monthly kindness posters to promote an environment of kindness
- **Where:** Classroom/Cafeteria/Hallway
- **Resources:** JP Poster, tape
- **Instructions:** Schools that commit to kindness throughout the year can sign up to be a part of the Kindness Poster Program from JonnyPops. Each month a school sends in pictures showing students learning kindness will receive a poster for that month.



\*\*November 13 is World Kindness Day!

# (1.C) Secret Kindness Agents

- **Intro:** Students create secret kindness envelopes for themselves and put one kindness assignment in each.
- **Where:** Classroom → Schoolwide
- **Resources:** Envelopes, markers
- **Instructions:** Students are tasked with committing acts of kindness around the school, chosen by them. This allows the teacher to begin organic discussions about kindness while the classroom works to create a positive impact on the school community.
- **Examples** of missions: sit by someone who is alone at lunch, help someone carry a heavy load, donate used clothing to the school nurse or social worker for students who may need them, write a thank-you note to the school janitor, etc.



*Based on book by  
Ferial Pearson*



# (1.D) Random Acts of Kindness Calendar

- **Intro:** Schools receive monthly calendar with random acts of kindness for each day.
- **Where:** Classroom/Cafeteria/Hallway
- **Resources:** RAK calendar, Stickers/markers/tape, Completion reward
- **Instructions:** A school will receive this calendar and use it to get students to participate in random acts of kindness.
- **Example:** Students who complete the day's activity put a sticker with their name on it, and receive a reward

## Example Calendar:

Pick up litter and put it in the trash can	Give up your swing to someone who is waiting	Invite someone playing alone to join your game	Let someone go ahead of you down the slide	Help put the playground equipment away when the bell rings
Smile and say hello to someone new	Let someone go ahead of you in the water fountain line	Pick up something that has fallen off the wall and return it to the teacher	Let someone who left the Lunch line go back in front of you	Help someone who has dropped their books or papers
Leave a positive post it note to brighten someone's day	Make kindness cards for everyone in your class	Give your lunchroom dessert to someone else	Partner with someone who usually has trouble finding one	Tell someone how much you like their haircut, shirt, back pack, shoes
Straighten up the classroom library	Leave a nice note for your teacher	Help the café workers wipe the tables	Write a thank you note to your gym teacher	Pick up papers you see in the building so the custodian doesn't have to
Smile and show parents the way to the office	Tell other teachers how nice they look	Put a kindness card in a returning library book for someone else to find	Donate the clothes you've outgrown to your school's clothes bank	Tell another student "Good Job" in the class or playground
Bring an extra lunch dessert for someone to have	Help another student carry a heavy book bag to their classroom	Make friends with the new kid at school	Paint a kindness rock for a friend	Sit with someone who is alone at lunch

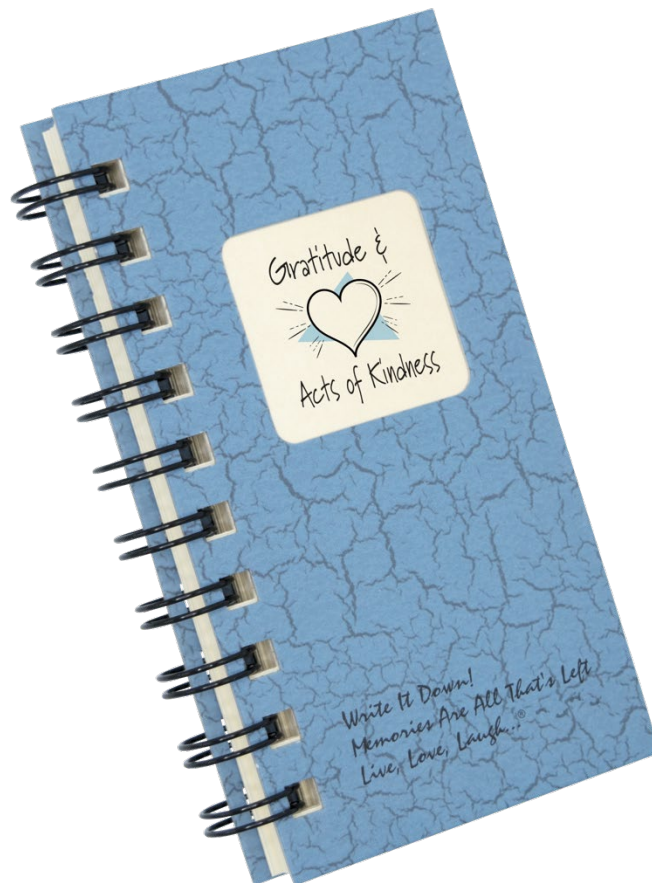
# (1.E) Kind Designs

- **Intro:** Students will create their own kindness posters to create their own environment of Kindness!
- **Where:** Cafeteria/Hallway/Classroom
- **Resources:** Poster Boards, Markers, Crayons, Tape, Scissors, Misc. Arts and Crafts supplies
- **Instructions:** Divide students into small groups. Give each group a piece of poster board along with markers and other art supplies to design a kindness-themed poster. Have them brainstorm a list of kindness slogans or quotes about kindness.
- **Examples:** “Kindness Changes Lives.”, “Kindness is Cool”. They can then choose their favorite slogan or quote and design their poster around it. They can then hang their posters in the classroom, library, cafeteria, etc.



# (1.F) Kindness Journals

- **Intro:** Students will create their own kindness journals to keep the conversation going inside and outside the classroom.
- **Where:** Cafeteria/Hallway/Classroom/Homework
- **Resources:** Journals, pencils
- **Instructions:** Students will be tasked after their school day, completing a kindness lesson, or an act of kindness themselves to reflect on their experience. They will be asked to write down answers to questions such as:
- **Journal Question Examples:** Describe what happened. What do you think about kindness in this case? What did you think and feel about what happened? What was your mood like before you completed the assignment? What was your mood like after you completed the assignment?



# (1.G) JPCommit ToKindness Challenge

- **Intro:** Students will create their own acts of kindness and commit to them.
- **Where:** Cafeteria/Hallway/Classroom/Homework
- **Resources:** Popsicle Stick Kindness Template, pencil
- **Instructions:** Students will be tasked in the classroom, at lunch, or after school to fill out the template to complete an act of kindness. They will then hand in the paper slip to the teacher who will ask them after a designated period of time if they had completed the act of kindness. May be rewarded.



\_\_\_\_\_ will be kind by...



# (1.H) Kindness Week

- **Intro:** Surrounding World Kindness Day, the entire week will be dedicated to learning about and acting on kindness
- **Where/When:** Schoolwide, Kindness Week
- **Resources:** (See associated activities for materials needed)
- **Instructions:** The classroom will follow an outline of lessons, activities, and missions to bring kindness into the school community for World Kindness Day!

Monday	Tuesday	Wednesday	Thursday	Friday
Lesson #1: Defining the Purpose of Kindness	Lesson #2: Example of Kindness	Lesson #3: Kindness in Action	Journal Reflection on weekly kindness events	Secret Kindness Agent Report and Completion of Missions
Activity: Class agrees upon definition/actions of Kindness. Flagship for the week	Kindness Journals are handed out. Used for discussion and reflection	Ripples activity and Kindness Pledge Ceremony	Write Thank-you Letters to school staff, custodians, teachers	Caught being Kind Finale- Most stickers win a prize
Caught Being Kind Bulletin Starts for the Week	Secret Kindness Agent Missions	Kind Designs activity and hang finished posters	Kindness Story book	Discuss the Definitions and actions of kindness



# 2. JonnyPops Kindness Lesson Program

Program designed to be able to be executed across classroom formats. Flexible modifications to be able to engage students from grades K-12. Members of Jonny Pops team available for facilitation.

PROGRAM SYNOPSIS					
	Purpose	Resources	Lesson 1: The Purpose of Kindness	Lesson 2: Examples of Kindness	Lesson 3: Kindness in Action
<b>Program Overview</b>	Discussion based curriculum designed to engage and empower students on how they can add more kindness in their school environment.	Jonny Pops Caught Being Kind Toolbox: <ul style="list-style-type: none"> <li>Kindness Curriculum</li> <li>Kindness pledge</li> <li>Caught Being Kind rewards</li> <li>Popsicle stick template</li> </ul> Time Requirement: Minimum: One, 30 min lesson. Maximum: 3 separate 30 min lessons	Define common understanding of what kindness is and why it's important	Engage students in discussions and stories related idea generation of their own way to promote a better school environment.	Engage Students in action plan to implement what they have learned into action by brainstorming school-wide kindness activities, and other student suggested activities
<b>Cafeteria Classroom</b>	Facilitated presentation with some student participation. Get students to think of the cafeteria not as a place just for lunch but also a place to positively engage their peers	Dedicated Classroom Time  Audio  Jonny Pops Caught Being Kind toolbox	<ul style="list-style-type: none"> <li>Share definition and key quotes of kindness</li> <li>Show connection to school values and key initiatives</li> <li>State benefits of kindness</li> </ul>	<ul style="list-style-type: none"> <li>Show 2 example of kindness and amazing impact to individual or community</li> <li>Ask for students to share example</li> </ul>	Students sign kindness pledge and write what their kind deed will be for kindness week on popsicle stick. Reward those "caught being kind" with classroom Jonny Pop party
<b>Classroom</b>	Interactive classroom discussion that empowers students to make positive change in their environment. Standards addressed: Language Arts, Social Studies	Dedicated Classroom Time  Jonny Pops Caught Being Kind toolbox	<ul style="list-style-type: none"> <li>Student discussion on how they define kindness and why they think it's important</li> <li>Class writes their common definition and standards of</li> </ul>	<ul style="list-style-type: none"> <li>Show 2 example of kindness and amazing impact to individual or community</li> <li>Ask for students to share example</li> <li>Students identify barriers to kindness and how to overcome</li> </ul>	<ul style="list-style-type: none"> <li>Students either write or draw pictures of how they will be kind</li> <li>Alt: classroom decides on a classroom wide "kindness project"</li> <li>Students sign kindness pledge</li> <li>Reward those "caught being kind" with a free box of Jonny Pops coupon for them and their family</li> </ul>

# (2.A) Lesson Program Introduction and School Standards Addressed

At JonnyPops, we are on a mission to make the world better one pop at a time. JonnyPops not only provides students a delicious, healthy treat but also encourages kindness in the classroom and community.

Based on scientific research, teaching kindness leads to tangible effects within a school culture. Not only will kindness bring real health benefits to students, but it will also reduce the likelihood of bullying, low self-esteem, and depression. That's why, here at Jonny Pops, we believe that every act of kindness, no matter how big or small, goes a long way to making the world a better place.

We have put together a flexible kindness toolbox to help educators in the cafeteria classroom or traditional classrooms teach and empower students to drive acts of kindness to create kinder and happier school environments. We are excited to be partners with you in creating the kindness leaders of tomorrow.

Sincerely,

Erik Brust and Connor Wray

Co-Founders, JonnyPops

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**“WE BELIEVE THAT EVERY ACT OF KINDNESS—NO MATTER HOW BIG OR SMALL—GOES A LONG WAY.”**

— ERIK BRUST, CO-FOUNDER AND CEO

**Subject:** Kindness

**Standards Addressed:** Kindness in the classroom and community (Language Arts, Social Studies)

- Language: Students adjust their use of spoken, written, and visual language (e.g, conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes
- Social Studies: the study of individual development and identity will help students describe factors important to the development of personal identity.

**Objectives:**

- Create a working understanding of what Kindness really is and understand tangible benefits of kindness.
- Promote students to make connections with what they have learned, and to apply it to their school and personal lives.
- Learn the importance of understanding how others are feeling and thinking to be compassionate.
- Empower students to improve school culture by implementing and spreading kindness.

# (2.B) Lesson #1: Defining the Purpose of Kindness

## LESSON PART 1: Defining the Purpose of Kindness

Materials Needed: Chalk board

**Overview:** The students will create a common definition of kindness and define importance.

**Discussion:** The class will begin with group discussion defining Kindness, and the various elements that go into being a kind person. This can include definitions, related virtues and quotes.

- Definition: Kindness is the quality of being warmhearted, considerate, human and sympathetic
- Kindness, backed by research, brings about real health benefits, reduces depression and bullying.
- Related words: Generosity, Benevolence, Consideration, Favor, Forgiveness, Helpfulness, Thoughtfulness, Compassion, Charity, Loving

**Activity:** As a class or in small groups class writes and agrees upon common definition of Kindness and behaviors associated with kindness.

- What does kindness look like? Refuse to ridicule others, show concern for others, treat everyone fairly, practice acts that make others happy
- This will serve as a flagship for the class to aspire to and the teacher to reference throughout the week

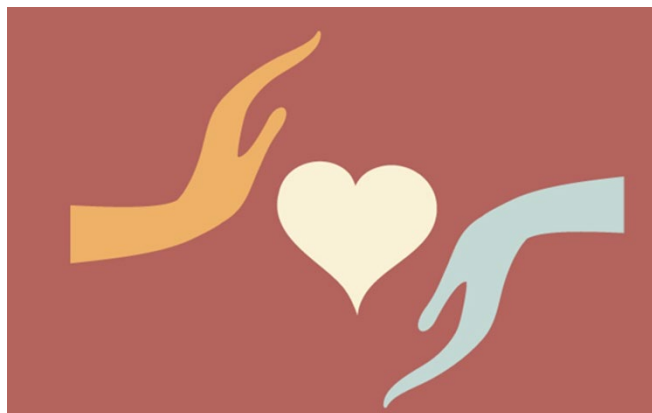
# (2.B) Lesson #2: Examples of Kindness

## LESSON PART 2: Examples of Kindness

Materials needed: See activity appendix for needs.

**Overview:** The students will engage in discussions, stories and subject area integration to promote idea generation of their own to promote a better school environment.

- **Story:** Teacher to share a story of kindness with the classroom
  - Resource: Story of cookies and kindness (appendix A)
- **Activity** to drive discussion on impact of kindness
  - Ripples activity (appendix B)
- **Discussion**
  - When we do a kind act does it stop with just us?
  - What do you feel when being kind to yourself and others?
  - What stops us from being kind?
  - How do you know when someone needs an act of kindness?
    - Ask questions such as: How can I help? Do you want to join? Are you okay?



# (2.B Cont.) Appendix for Lesson #2



## Appendix A: Cookies and Kindness

– Author unknown –A young lady was waiting in the airport’s departure area pending her flight home. After realizing there was a delay, she bought a small bag of chocolate chip cookies to enjoy while she waited.

She made her way to the VIP lounge to sit and relax. She sat down in an armchair to enjoy her cookies and read her book. Beside her sat a pleasant, young man reading his book. The bag of cookies between them. Neither spoke. The young lady took her first cookie. Then, much to her surprise, the young man also took a cookie.

He said nothing. She said nothing but was clearly bothered. For each cookie she took, he did the same. Again, no words or looks were exchanged, but her anger grew. This continued until there was only one cookie left.

Then the man took the last cookie and divided in half – leaving her half in the bag.

Well, that was it! She was so infuriated and bothered by his lack of consideration that she packed up her things and moved. Soon she boarded her flight, took her seat and began to settle in for her trip – still very upset by this young man’s lack of manners.

She went into her purse and she felt her heart sink. There, in her purse, was HER bag of cookies – unopened and untouched. She was touched that This young man had shared HIS cookies without saying a word. He even gave her half of his last one. He wasn’t upset or worried about her actions. He gave without condition or feelings of anger or bitterness. She decided that she would pass along the kindness and shared her cookies with the people around her.

*“No kind action ever stops with itself. One kind action leads to another. Good example is followed. A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves.” - -Amelia Earhart*

## APPENDIX B: Ripples Activity

Materials needed: a pan with water, 3 items to drop in the water – 1 lg, 1 med, 1 small

- Hold the large item up and ask the class to think of a BIG act of kindness. Drop it in the water and show how big acts of kindness create a ripple effect.
- Hold up the medium item and ask the class to think of a little smaller act of kindness. Drop it in the water and show how big acts of kindness create a ripple effect.
- Hold up the small item and ask the class to think of a small act of kindness. Drop it in the water and show how big acts of kindness create a ripple effect.

Discuss how acts of kindness no matter how big or small create ripples of kindness that can change the world.



# (2.C) Lesson #3:

## Kindness in Action

### LESSON PART 3: KINDNESS IN ACTION

Materials needed: Kindness Pledge (appendix C)

Overview: The students will create ways and pledge to create more kindness in the world.

#### Activity

- Students sign kindness pledge.
- Ideas for class activities in kindness
  - Elementary: Create Popsicle stick picture frames for retirement homes, write letters of appreciation to school staff.
  - Secondary and High School: Create secret kindness envelopes for the number of students in the classroom and put one kindness assignment in each.
    - Examples of missions: sit by someone who is alone at lunch, help someone carry a heavy load, donate used clothing to the school nurse or social worker for students who may need them, etc.
- Ways to keep the **discussion** going
  - Students can create a journal in response to their kindness mission.
    - Journal Questions: Describe what happened. What did you think and feel about what happened? What was your mood like before you completed the assignment? What was your mood like after you completed the assignment?
  - Celebrate the kindness spread through leveraging “Get Caught Being Kind” reward package (appendix D)

# (2.C Cont.) Appendix for Lesson #3

## Appendix C: Kindness Pledge

# KINDNESS PLEDGE

I, \_\_\_\_\_, pledge that

I will share kindness into the world around  
me. I know my actions, no matter how big or  
small, can make the world a better place.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

## Appendix D

- Caught Being Kind stickers
- 1 per student (recommended)
- Kind Deeds popsicle sticks
- Reward/Participation Incentive package (2 per classroom)
  - Free box coupon
  - T-shirt

