Monthly Observances:
- HIV/AIDS Awareness
- National Drunk and Drugged Driving Prevention

Weekly Observances:
- Human Rights Week, December 10th – 16th
- National Hand Washing Awareness Week, December 6th – 12th

Day Observances:
- December 1 – World AIDS Day
- December 2 – International Day for the Abolition Slavery
- December 3 – International Day of Disabled Persons
- December 5 – International Volunteer Day
- December 10 – Human Rights Day
- December 15 – Bill of Rights Day

Inside this issue you will find:
- Alignment to Prevention Calendar.
- A variety of lessons and activities for all grade levels.
- Links to multiple additional resources and helpful websites.
- Social Emotional and Learning alignment.
Ideas on How to Use:
• Post character trait & definition around the school campus.
• Teachers use definitions to help students understand the meaning of the character development trait.

Kindness involves having a deep concern for the welfare of others. Empathy, compassion, gratitude and generosity are all the marks of a kind person. Demonstrating kindness includes being willing to inconvenience yourself for the benefits of others. Caring for the needs and feelings of others by giving of our energy and time is a critical ingredient in becoming a person of character.

Definitions:
• Being helpful, thoughtful, caring, compassionate and considerate
• A kind act

Related Words:
• Compassion – to have feeling for someone else's sorrow or hardship with a desire to help
• Care – The work of caring for or attending to someone or something
• Empathy – the ability to imagine oneself in someone else’s situation and to understand that person’s feelings.
• Generosity – the act of being gentle, friendly and good to others

Ideas on How to Use:
• Display a quote each week. Share on morning announcements.
• Teachers post quotes in classrooms.
• Have students write about what the quote means to them.
• Have primary students draw a picture to go with the quote.
• Encourage students to create their own ‘quote’ that promotes monthly trait.

“What wisdom can you find that is greater than kindness.” – Jean Jacques Rousseau
“Our duty is to be useful, not according to our desires, but according to our powers.” – Henry F. Amiel
“There are two ways of spreading light: to be the candle or the mirror that reflects it.” – Edith Wharton
“What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal.” – Albert Pike
“Have a heart that never hardens, and a temper that never tires, and a touch that never hurts.” – Charles Dickens
“I can live for two months on a good compliment.” – Mark Twain
“You have not lived a perfect day, even though you have earned your money, unless you have done something for someone who cannot repay you.” – Ruth Smeltzer
“It is the characteristic of the magnanimous man to ask no favor but to be ready to do kindness to others.” – Aristotle
“It is never too late to be what you might have been.” – George Eliot
Book List

Ideas on How to Use:

• In media center, designate a character trait “Featured Readings” section where books promoting the month’s theme are displayed and available for checkout.

• Have students read books, and then depict how the book exemplified the character trait.

Wonder by R. J. Palacio
After being home schooled all his life, 10-year-old August Pullman is starting 5th grade at a private middle school in his Upper East side neighborhood. He wonders if anyone will realize that he’s just a normal kid underneath his disfigured face, and affliction he was born with. His middle school classmates are challenged to “be kinder than is necessary” but can they? Will they? In this uplifting story, it turns out that everyone carries some kind of disfigurement that feels isolating, even though most can’t be seen. We cheer for Auggie, as we are moved to tears, that kindness can indeed change the world.

Rocky Road by Rose Kent
Seventh grader Tess Dobson’s mother is bi-polar and her little brother is deaf. Things look grim when her mother uproots them to take over a run down ice cream in Schenectady, NY where they live in a retirement home. Is it true that “Ice cream warms the heart, no matter what the weather?” or will this latest get rick scheme fail?

Out of My Mind by Sharon M. Draper
Eleven-year-old Melody has a photographic memory. She’s the smartest kid in her whole school – but no ones knows it, because Melody can’t talk. She can’t walk. She can’t write. Melody’s story is one full of heartache and hope. Get ready to meet a girl whose voice you’ll never, ever forget.

The Can Man by Laura E. Williams
This is an advanced picture book perfect for children who have noticed homeless people in their communities. This story is about Tim who seems to be anywhere from 8 to 10 years old and wants a skate board for his birthday that his parents can’t afford. He notices his old neighbor, now homeless; collecting cans and does the same to save up for a skate board. From his encounters with The Can Man, Tim realizes that the cans he’s collecting are at the expense of his old neighbor and he decides to give the money to him instead. And there is a happy ending.

How to Talk to an Autistic Kid by Daniel Stefanski
Kids with autism have a hard time communicating, which can be frustrating for autistic kids and for their peers. In this intimate yet practical book, author Daniel Stefanski, a fourteen-year-old boy with autism, helps readers understand why autistic kids act the way they do and offers specific suggestions on how to get along with them.
Prevention Ideas

Monthly Observances:
HIV/AIDS Awareness
Asmina’s Story: A Child Orphaned by HIV/AIDS in Africa
Myth Busters: HIV Transmission

National Drunk and Drugged Driving Prevention
Teen Drugged Driving: A Community Awareness Activity Toolkit
NIDA: National Institute on Drug Abuse for Teens
Website filled with resources to share in your classrooms. It includes lesson plans, activities, free materials and videos for your classroom.

Weekly Observances:
Human Rights Week (December 10th – 16th)
Activities from HRRC Publications
Human Rights Lesson 6-8
United for Human Rights info kit for Educators (FREE)

National Hand Washing Awareness Week (December 6th – 12th)
Hand washing Prevent Disease & Outbreak Intervention
It Might Come in Handy

Day Observances:
World AIDS Day (December 1st)
Browardprevention.org
A Lesson Plan for World Aids Day
World AIDS Day Event Ideas for Schools

International Day for the Abolition
Slavery (December 2nd)
After the American Revolution:
Free African Americans in the North
Quest for Freedom: Slavery and the Underground Railroad in Philadelphia

International Day of Disabled Persons
(December 3rd)
Theo’s Story

International Volunteer Day
(December 5th)
International Volunteer Day

School-wide

Ideas on how to use:
• Use suggested school-wide ideas to create a culture of character and address your schools need for a RTI Tier I – universal strategy.
• Any teacher or staff members that work with students can incorporate classroom ideas.

1 PA Announcements
Students Recognizing Kindness
Have students present the character trait Kindness posters to the student body via closed circuit television. During the presentation ask teachers to have a discussion with their class regarding how the graphic on the poster depicts kindness. Upon completion to participate in an essay contest where students will write about why kindness toward others, is important for the school community.

2 School Displays
Building a Community
Students need to learn how to build healthy friendships based on genuine concern for the needs and welfare of others. Have students brainstorm the importance behind this statement and write an essay on why this is true. Students will include in their essay how having concern for others will assist them in developing and maintain healthy friendships.
Human Rights Day (December 10th)

Human Rights Education

10 More Things to Do With Your Kids on Human Rights Day!

Bill of Rights Day (December 15th)

Bill of Rights Day is Observed

Comparing Pictures

Declaration of Independence Timeline

Interview with the signers of the Constitution

Explaining the Bill of Rights

First Amendment Poster

School-wide [cont’d]

3 Special Events & Programs

Creating a Book
Encourage students to write or illustrate an example of caring, generosity or kindness. Compile the illustration and writings in a class booklet. Have students work cooperatively together in designing this book with colors selected, formatting, book title and illustrations. The finished book from each class can be used to read to younger children.

4 Class Activities

• In groups, have students make a list of people they know and look up to and view as hero’s. Discuss as a class and determine what truly defines a hero.

• In the same groups have students make a list of compassion, generous, and kindness. Only names that fall in these categories can remain on the class list of true hero’s.

5 Role Plays

Have students write short skits in which a character demonstrates kindness. Have groups perform their skits for the class.
Ideas on How to Use This Page: Integrate character trait lesson plans into all subject area instruction. Lesson plans are specific to language arts, social studies, math/science, arts, health & physical education

LANGUAGE ARTS

• Writing a letter
Write a thank-you letter to a former teacher detailing the difference he or she made for you because you sensed their kindness.
• Kindness Speeches
Have students write and give speeches that address how students can show kindness and compassion for others at school or in the community.

SOCIAL STUDIES

“A person is a person because he recognizes others as persons.” Desmond Tutu
The above quote speaks about civility and the framework of society. Have students write a speech, which explains the significance of the quote and specifically the quotes explanation of civility and society. Have students deliver their speech to the class.

MATH/SCIENCE

• Math Survey
Have students create and implement a survey of students in the school about what makes good friendships. Use some simple analysis to analyze the results. Have students make charts and graphs with the data and publish in the school newsletter.
• Character in Scientist
Have students in groups come up with specific ways that successful scientist need to demonstrate caring, kindness and compassion in the work that they do.

ARTS

• VISUAL ARTS: Kindness
In small groups have students create a collage of pictures, which depict people caring for each other.
• Performing Arts
Have students divide into small groups. Have each group make up a skit in which characters are displaying caring relationships.
Lesson Plans [cont’d]

HEALTH & PHYSICAL EDUCATION

• Performing Acts of Kindness
  Students will pick a name out of a hat and for one week they will perform anonymous acts of kindness for the person they have drawn.

• Caring about Others through Sports
  Often when we help others, we develop empathy and caring for them. Sports and physical games provide wonderful opportunities for students to teach others and consequently become more caring adults. Allow students to teach a new game or sport to elementary students or students with disabilities.

FOREIGN LANGUAGE

• Group Posters
  Have students design posters with illustrations and vocabulary, which depict caring in the foreign language that they are studying. These posters should encourage other students in the school to demonstrate kindness, caring or generosity for others.

Activities

• Do a research paper on famous people in the past or present who have shown kindness to others. Consider scientists, educators, athletes, movie stars, philosophers, presidents and artist.

• Have students write a poem, song/rap, or skit about kindness and then perform it for the class, school and/or community.

• Student write a short story about when someone was kind to them. The students will include in detail what the act was and how it made them feel.

• Assign students to research the Anti-Defamation League’s website at www.adl.org. Discuss dangers of gossip that care caused in the class as well as options rather than gossiping.

• Have students write a note of appreciation to a previous teacher whom they have had who made a particular impact upon them.

LEAPS

Leaps Lesson on Kindness
Service Learning

Ideas on How to Use this Section:
• Promote school-wide service learning initiative/campaigns using provided ideas. (Do a ‘service day’, encourage classes to do random service acts of kindness to other classes/staff, etc.)
• Engage school clubs/student council to lead service projects.

School Service-Learning
• Caring Service Projects
Have students form small groups and come up with ideas that address a need in the community. Than have students reach a consensus on a priority list of service projects they want to accomplish. The class will then develop a step-by-step plan of how they will turn their ideas into a concrete plan of action. Students will give their project a name and a mission statement that describes how this project represents kindness.
• School Wide Caring Efforts
Have students place boxes in easily accessible spots around the school for students, staff and community members to donate books, clothing, and shoes to local charities. Have teachers and administrators promote this activity through their personal involvement.
• Caring Lessons
Have students prepare and teach to younger students lessons about kindness/caring. Students can include role-plays about demonstrating kindness/caring in their lessons.
• Demonstrating Kindness
Have classes get involved with ongoing service project where they are building relationships with people who are different from them, such as the elderly, disabled, etc. This project will help build empathy for others and promote caring, kindness and generosity.
• Research Community Involvement
Have students research community groups, which provide caring support to those in need in the community. Have students learn how they can participate in the group’s efforts.

Classroom Ideas

Class Discussion Topics
• Discuss with students the following quote: “Be Kind. Everyone is fighting his or her own secret battle.” Discuss with students the following questions: What does it mean to you? What hard battles are you fighting right now? Who is helping you?

Creative Expression
• Have the class or a group of students create a kindness collage combing pictures, sayings, words and feelings. Display it in the classroom. Have students do a writing assignment that explains how the collage makes them feel. What would the classroom, the school, their home or the world be like if everyone thought and acted according to the ideas of the collage?

Hands-on Activities/Projects
• Have students read their favorite story and record it. Send it to Ronald McDonald House or to the local hospital for children who are bedridden. Also, design get well cards for children who are in the hospital, cheery cards for the elderly in nursing homes, and a thank you card for those who are deserving. Contact hospital(s) or convalescent homes for the names of people who would like to receive cards during the holidays and send these cards to them.
• Check out https://www.randomactsofkindness.org/ for more hands-on Activities.
Dear Parent:

A caring person is considerate, kind, compassionate and generous. A caring person takes into account how decisions, words and actions are likely to affect other people. Remind your child that they have the power to brighten another person’s day through a simple act of kindness.

**Ideas to Do as a Family**

- Participate in a community service project with your child, which allows the family to show kindness towards others.
- As a family, discuss what you could do to show that you care about the environment, such as cleaning up a street, picking up trash, or starting a recycling program.
- As a family identify things that you can do together to make a difference in someone else’s life.
- Catch your child being kind and acknowledge how important that behavior is. This is a simple opportunity to reinforce how important being kind is in your family.
- Watch a television program together and talk about the various ways in which the characters acted uncaring or caring towards one another.
- Remember that the best teaching tool is to always model the behavior you want your child to learn. You are powerful role model for your child. If you are kind and helpful to other people, that is what your child will learn from you.

---

**Character Education: Middle December**

**Character Check**

- Who in your life has taken care of you when you needed help? How did you feel as a result?
- Have you ever helped take care of someone or something?
- In what ways have you helped someone feel better?
- How do you feel when caring for others, showing kindness and being generous can improve your relationships with others?

Have family members talk about times they experienced their friends demonstrate kindness, generosity and/or caring.

---

What Wisdom Can you Find that is Greater than Kindness.

Diversity, Prevention & Intervention
Lauderdale Manors Early Learning & Resource Center
1400 NW 14th Court
Fort Lauderdale, FL 33311
(754) 321-1655
Fax: (754) 321-1691
www.browardprevention.org
Email: Kimberly.Young@browardschools.com