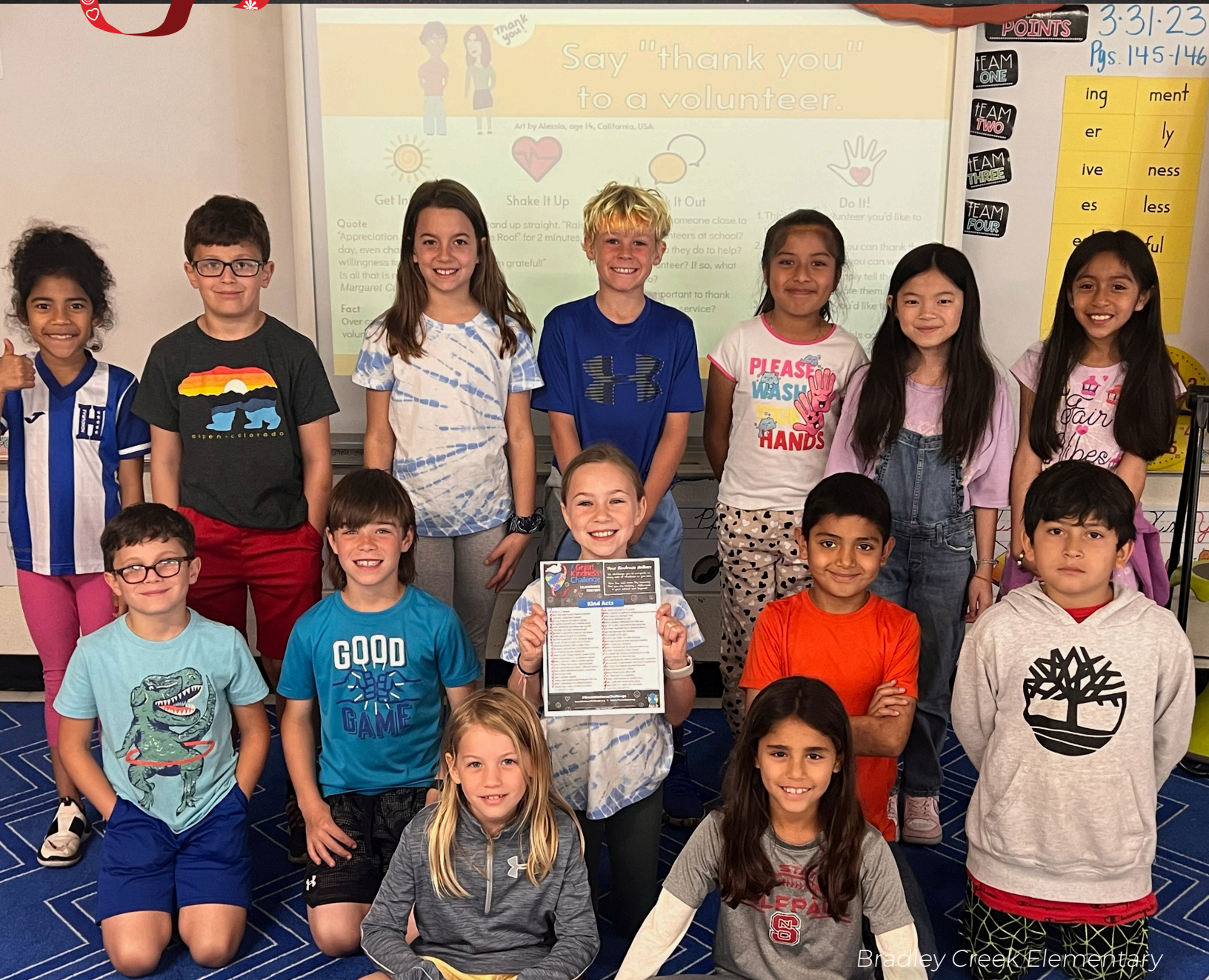




# The Great Kindness Challenge



Bradley Creek Elementary

2024-2025 School Year

## GKC Classroom Curriculum







# The Great Kindness Challenge

## Classroom Curriculum

All kids deserve to learn in a safe, supportive and caring environment. The Great Kindness Challenge provides powerful tools that actively engage students, teachers, administrators, families and communities in creating a culture of compassion, acceptance, unity and respect.



**About:** The Great Kindness Challenge Classroom Curriculum is a multi-week kindness program for grades 1-8. With a curated kindness checklist and 50 corresponding SEL-focused kindness lessons, students actively create a culture of kindness while strengthening their social and emotional well-being.

The **kindness lessons** are designed to provide 15 to 45 minutes of interaction, reflection and fun! Each act of kindness from the classroom edition checklist has a corresponding kindness lesson. The easily sharable lessons include a visually captivating student flyer with art from youth around the world (available in PDF, JPEG, Google slides & PowerPoint). Corresponding teacher guides make the facilitation of the 50 kindness lessons a breeze!

Lessons featuring happy quotes, interesting facts, physical energizers and fun activities uplift students and inspire them to extend their kindness out to the world!

**Where:** Lessons are facilitated in the classroom by teachers, counselors, dedicated staff or trained volunteers.

**How:** It's easy! Simply sign up and get access to The Great Kindness Challenge tools. With our turnkey tools, planning and implementation is seamless.

**Who:** The curriculum is designed for students in grades 1-8. With some slight adaptations, the curriculum may be appropriate for PreK-K students as well.

**When:** The implementation is fully flexible. You choose when and how many kindness lessons to implement per week.

## Our Impact

Over 20 million  
students

20,329,103



Over 41 thousand  
schools

41,103



Over 1 billion  
acts of kindness

1,016,455,150



Over 110  
countries

115



# The Great Kindness Challenge Classroom Curriculum

## SEL-Focused Kindness Lessons Features and Tips

We are delighted that you have chosen to implement The Great Kindness Challenge Classroom Curriculum. Each joyfully created lesson activates an act of kindness from our 50 item checklist and is designed to engage, uplift and inspire your students.

Below is a brief description of the components within each kindness lesson.



**Youth Artwork** The lessons all showcase illustrations created by children from around the world. We hope your students enjoy seeing the artwork and discovering the name, age and location of each young artist.



**Inspire** The lessons begin with an inspirational quote and a thought-provoking fact to inspire the heart and mind.



**Shake It Up** With students sitting at their desks much of the day, we want to get their bodies moving and their blood flowing. Each lesson includes a 1-5 minute physical activity. When possible, the activity correlates with the lesson's act of kindness. To keep the students' minds focused on the positive, we provide an affirmation with each "Shake It Up" activity.



**Talk It Out** This section encourages students to share their thoughts, feelings, attitudes and opinions. This is a wonderful way for students to learn more about themselves and connect with their classmates.



**Do It!** This is the heart and soul of the lesson! Some acts of kindness can be performed during class-time, some will be completed after school, and others will be a combination of both in class and after school.

**SEL Competencies** In order to understand and intentionally support the development of social and emotional competencies in your students, each Teacher Guide lists core CASEL competencies that are addressed during the lesson.

**Timeframe** The lessons are each designed to last 15-45 minutes. If your class engages in longer "Talk It Out" conversations, the time allotted may need to be extended.

**Materials Required** Only basic supplies are needed for most of the lessons. If your students don't have access to basic supplies (paper, writing utensils, scissors and tape) some adjustments may need to be made. The day before each kindness lesson, you may want to tell your students which supplies will be needed so they are prepared.

**Accessing & Editing Lessons** Each lesson is available for download in the following formats: JPEG, PDF, PowerPoint and Google Slides. Please note that Google Slides are shared in a "view only" mode. If you wish to edit a Google Slide lesson, please copy the slide and insert it into your existing or a new presentation.



# The Great Kindness Challenge

## The Great Kindness Challenge Classroom Curriculum

A turnkey SEL-focused kindness program featuring 50 kindness lessons to uplift and inspire your students.

The **kindness lessons** are designed to provide 15 to 45 minutes of interaction, reflection and fun!

Each act of kindness from the classroom edition checklist has a corresponding kindness lesson.

The easily sharable lessons include a visually captivating student flyer with art from youth around the world (available in PDF, JPEG, Google slides & PowerPoint).

Corresponding teacher guides make the facilitation of the 50 kindness lessons a breeze!

Lessons featuring happy quotes, interesting facts, physical energizers and fun activities will uplift students and inspire them to extend their kindness out to the world!

## The Great Kindness Challenge Classroom Curriculum Tools

### Kindness Lessons: Student Fliers

**Sincerely compliment 5 people.**

**Get Inspired**  
Quote: "Let others see the good that you see in them."  
Margaret Manning  
Fact: Giving compliments doesn't only make others feel great, it also enhances our own self-confidence.

**Shake It Up**  
Stand up. Do 5 windmill stretches. Do 10 Jumping Jacks. "I am thoughtful!"

**Talk It Out**  
1. Think about a time when someone gave you a compliment. How did you feel when they complimented you?  
2. What is an example of a "sincere" compliment?  
3. Who is someone in your class who you could compliment?  
4. How do you think your compliment will make him/her feel?

**Do It!**  
1. Think of 5 people who you'd like to compliment.  
2. Sincerely compliment these 5 people before the end of the day.

GreatKindnessChallenge.Org #GreatKindnessChallenge #GreatKindnessChallenge

### Kindness Lessons: Teacher Guides

**Teacher Guide**

**Sincerely compliment 5 people.**

**SEL Competencies**  
**Self-Awareness**  
Self-Confidence  
**Social Awareness**  
Perspective-Taking  
Empathy  
Respect for Others  
**Relationship Skills**  
Communication  
Social Engagement  
Relationship Building

**Timeframe**  
15 - 30 min

**Materials Required**  
None

**Get Inspired**  
Quote: "Let others see the good that you see in them."  
Margaret Manning  
Fact: Giving compliments doesn't only make others feel great, it also enhances our own self-confidence.  
Source: "Happily Daily"

**Shake It Up**  
Get your students moving. Invite them to do the following activity:  
Stand up. Do 5 windmill stretches. Do 10 Jumping Jacks. When I asked them to say, "I am thoughtful."

**Talk It Out**  
Encourage your students to reflect on the provided questions:  
1. Think about a time when someone gave you a compliment. How did you feel when they complimented you?  
2. What is an example of a "sincere" compliment?  
3. Who is someone in your class who you could compliment?  
4. How do you think your compliment will make him/her feel?

**Do It! (Individually)**  
Encourage your students to think of 5 people they'd like to compliment. Challenge them to sincerely compliment those 5 people before the day is over.

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### GKC- Classroom Edition Checklist

**Your Kindness Matters**  
We challenge you to complete as many acts of kindness as you can.  
Have fun and smile big knowing that you are making a difference at your school and beyond!

**Kind Acts**

- ☐ Smile at 25 people.
- ☐ Slip a nice note in your friend's backpack.
- ☐ Sincerely compliment 5 people.
- ☐ Pick up 10 pieces of trash on campus.
- ☐ Be kind to yourself & eat a healthy snack.
- ☐ Learn something new about your teacher.
- ☐ Tell a joke and make someone laugh.
- ☐ Be kind to yourself & create an I Am poster.
- ☐ Draw a picture & give it to someone.
- ☐ Be kind to yourself & take a breather break.
- ☐ Cut out 10 hearts & give them to friends.
- ☐ Entertain someone with a happy dance.
- ☐ Be kind to yourself & do 10 one-minute exercises.
- ☐ List 10 things you are grateful for.
- ☐ Make & send a happy card to a senior friend.
- ☐ Show appreciation to a counselor or mentor.
- ☐ Make a wish for a child in another country.
- ☐ Send a Thank You to your superintendent.
- ☐ Learn something new about a different culture.
- ☐ Give a KIND handshake to greet a classmate.
- ☐ Recycle your trash.
- ☐ Help a younger student.
- ☐ Invite a new friend to play/hang out with you.
- ☐ Make a kind poster for cafeteria helpers.
- ☐ Donate toys, clothes or food to a charity or someone in need.
- ☐ Say "good morning" to 15 people.
- ☐ Make & display an uplifting message around your school.
- ☐ Read a book to a younger child.
- ☐ Stop up for someone in need.
- ☐ Make & display a KINDNESS MATTERS sign.
- ☐ Say "hi" or cheer someone up who looks sad.
- ☐ Decorate a kindness rock & randomly place it.
- ☐ Hold the door open for someone.
- ☐ Pat yourself on the back.
- ☐ Learn to say "hello" in a new language.
- ☐ Show appreciation to your principal creatively.
- ☐ Offer to help your custodian.
- ☐ Make a friendship gift for someone new to you.
- ☐ Sit with a new group of kids at lunch.
- ☐ Go a whole day without complaining & use only positive words for the entire day.
- ☐ Find something you have in common with a classmate.
- ☐ Tell a current or past teacher how they've inspired you.
- ☐ Say "sorry" to someone you may have hurt.
- ☐ Make a bookmark for a friend.
- ☐ Bring a flower to the office staff.
- ☐ Say "thank you" to a volunteer.
- ☐ Create a kind surprise for another class.
- ☐ Take a walk and connect with nature.
- ☐ Raise funds for a cause you care about.
- ☐ Create your own kind act.

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GreatKindnessChallenge.org KidsForPeaceGlobal.org  
(Your Name Here)



# A Quick Start Guide

## 1. Download & schedule your kindness lessons

We invite you to create your own calendar by choosing when and how to implement the 50 kindness lessons. The implementation is fully flexible. You decide on the day, time and order of your lessons.

You may [download the kindness lessons](#) in various formats (PDF, JPEG, Google Slides and/or Power Point) from the online tools page. You can share the lessons on a projector in your classroom or you can print copies for your students.

Before starting with kindness lesson #1, we recommend that you show/distribute **The GKC- Classroom Edition Checklist** with your students. Let them know that your class will complete all 50 acts of kindness together.

## 2. Optional: Plan complementary activities

Make the experience even more impactful by planning complementary activities from our favorite A-Z Ideas list, which you can find in the [GKC - School Edition Toolkit](#).

## 3. Get started & have fun!







Jefferson Elementary

**Thank you.  
Your KINDNES MATTERS!**

