**Being Kind Lesson**

**Materials:** soda cans, pieces of scrap paper

**Steps:**

1. Introduce yourselves. Name and grade.
2. Explain why you are here… “We are here because we want to make sure all the 5th graders are making sure Riverview is a good place. We want Riverview to be a bully free and respectful place so we wanted to come in talk to you and do some activities.”
3. To group kids: Have students think of their favorite rainbow color. Have them line up from red to purple. Fold line and group into 4’s.
4. Give each group a soda can. Have students think of a put down that they’ve heard and as they say it to their group(make sure it is appropriate…beep out naughty words if necessary), have them crush/dent the can. The crush/dent represents the painful thing said. Pass it along until each student has dented it or until the can can’t be crushed anymore.
5. Tell the group to get the can back into perfect condition. Get all the dents out.
6. Discuss what this means. (can’t take back hurtful things, they still leave a dent and damage is still left behind)
7. Discuss what impact those hurtful things can have on an individual.
8. Pass out pieces of paper. Have students privately write down a put down that they’ve heard in school in the last week. (if a student wants to write a swear word, he/she can make it symbols or use the real word because we will not be opening them) (if a student says they haven’t heard a put down, have them think of a negative action or someone getting in trouble and tell them they were exposed to someone making a disrespectful choice)
9. Have students crumple up paper because they have words that we should throw away and not accept as a school. Have them throw the papers at you.
10. Say, “Since there are about 25 of you in here, that means there are about 25 pieces of trash on the floor. Let’s assume that 5 of you put the same put down on the paper. This means that in this room you’ve been exposed to 20 put downs. How does that make you feel?”
11. Discuss as group and then as whole (ask each group to share)
12. Tell them… “Some research says that you need to give 3 positives to undo 1 negative.” What does that mean for them in the future?
13. Tell the class that they have 30 seconds to pick up the trash and put it in the garbage. “Let’s stand up and clean up the put downs and not accept them here.”
14. “Let’s do a little math. Let’s calculate how many put downs the 5th graders could potentially hear this year.”
15. Write the following on the board (bold) as you ask the following questions and have the students give you the answers:

You’ve been in school these months.

How many weeks are in each month?

**Sep t Oct Nov Dec Jan Feb Mar Apr May June**

**4 4 4 4 4 4 4 4 4 2**

How many weeks is this?

**9x4+2=38 weeks total**

How many putdowns did we say you hear?

**20 put downs each week** (probably a low estimate)

How many 5th grade classrooms are there?

**5 5th grade classrooms**

What are the total number of putdowns?

**Total putdowns: 38x20x5=3800 putdowns that the 5th graders could be exposed to this year**

**(low estimate)**

1. Is this data acceptable? Discuss. How many of you have ever heard a put-down and spread it and shared it with others? Was that a good thing?

**Closing:**

1. In group, have them give a genuine compliment to each person. Genuine means that it is about who the person is, not about their clothes or desk.
2. “Why did we have you do this?” (Answer: to undo the negative comments)
3. Remember to treat each other kindly!!