

# Little Things Make a Big Difference

Let's show our children the power they have to positively influence the world around them, and show them that little things do make a big difference.

## Watch this!

### Play *Balloon Girl*

- In this film, the girl gets the last balloon from a kind vendor, but then notices that the baby stops crying when she sees her red balloon. She makes a decision to give her balloon to the baby. This kind act helps the mother and the baby.



## Talk about it!

|           | What did your students take away from this film? Ask them!   | How can your students relate this film to their own lives? Ask them!  |
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| Emotions  | <ul style="list-style-type: none"> <li>The baby kept crying in the beginning of the film. How did the crying baby make the man feel?</li> <li>How did the mother feel when the man looked at her?</li> <li>How did the mother feel at the end of the film? Why?</li> </ul>   | <ul style="list-style-type: none"> <li>Have you ever been so frustrated by a loud noise?</li> <li>Have you noticed how others feel when there is something that is bothering them?</li> </ul>   |
| Reasoning | <ul style="list-style-type: none"> <li>Why was the mother so frustrated?</li> <li>Was it because her baby was crying or because she didn't know how to help her baby?</li> <li>What was the one thing that made the baby stop crying?</li> <li>Why do you think that the balloon was so exciting to the baby?</li> </ul> | <ul style="list-style-type: none"> <li>What do you do when there is a noise that is bothering you?</li> <li>Why do you think that a noise can be so annoying to some people?</li> <li>If you were at that park, would you have tried to help the mother with the baby, or would you have been annoyed by the baby?</li> </ul> |
| Actions   | <ul style="list-style-type: none"> <li>How did the girl know that the baby wanted the balloon?</li> <li>Did the girl want to keep the balloon?</li> <li>Why do you think she gave the baby the balloon if she wanted to keep it for herself?</li> </ul>  | <ul style="list-style-type: none"> <li>Have you ever given something away that you really wanted because you knew that someone else wanted it or needed it?</li> <li>If so, was it hard to do or easier than you expected it to be?</li> <li>Would you ever consider doing what the girl did? Why or why not?</li> </ul>      |

# Try this!

## Help kindness grow!

Children have the power to create kindness. Let's foster that skill and help it grow.

- Get brown paper and distribute some to each student.
- Tell them that they are going to help make a "Kindness Tree."
- Use the wider pieces for the trunk, and have the students cut the paper into thinner strips to be the limbs and branches.
- Place the trunk pieces on a bulletin board that is easily visible to everyone in the class.
- Have each child add a piece of paper to help create the limbs and branches.
- Inform the children that this is how a tree looks in winter, with its limbs bare.
- They are to help the tree flourish and bloom with kindness.
- Each time a student does a kind act, their name will be put on a green paper leaf and they will get to put it anywhere on the tree that they wish.
- After a student gets 5 green leaves on the tree, their next kind act will result in receiving a petal for a flower.
- The more kind acts that occur, the more the tree will flourish and bloom. This is what happens to people as well. The more kind acts we give and receive, the more we flourish and bloom.
- Keep the tree up for the entire year and watch the kindness bloom on the tree and in the classroom.

## Find the kindness!

Being kind starts right now. Help children see how enjoyable it is to be kind.

- Go outside and collect rocks from the nearby surroundings.
- Paint the rocks using different bright colors.
- Brainstorm with the students all of the kind and inspiring words that they can think of and write them on the board.
- Some ideas are: Hope, dream, love, believe, peace, create, inspire, faith, trust, harmony, family, friends, patience, gratitude, dream, joy, strength, imagine, etc.
- When the paint is dry, tell children to paint one inspirational word on each rock.
- Go outside and place the painted rocks in various places around the school for others to find.
- Discuss how people will feel when they find the rocks, and how easy it was to spread the love throughout the school grounds.

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## Try this!

### Gain some perspective!

In this film, we see the perspective of the baby, but not everyone in the film saw that. When we see things from others' perspectives, we understand how they feel.

- Tell the class that they are going to gain the perspective of another student in the class.
- Put all of the names of the students in a box.
- Have each student pick out a name.
- Instruct the students to pick up their belongings and go and sit in the desk of the other student whose name they pulled out of the box. Inform them that this is their seat for the rest of the day.
- Have them look around the room. What do they see?
- What do they notice that they never noticed before?
- What do they think of this new spot? Do they like it or not? Why or why not?
- Do it again the next day.
- Again, ask them what they see and notice, and if they like it.
- At the end of the week, ask the students to think back on this simple assignment.
- Discuss how this activity gave them a different perspective.
- Do they feel bad for a student based on what they could or could not see?
- Do they feel envious of another student's seat?
- Why do they think it is important to see things from others' perspectives?
- Help the class understand that helping comes from seeing what other people see and feeling what other people feel.

### Kindness starts now!

Children have more power to affect someone's feelings than they realize.

- Give each student a hand out with several kind sentence starters on it.
- Some ideas are:
  - One idea I've gotten from you is . . .
  - I really like your personality because . . .
  - I know I can count on you when . . .
  - I really appreciate when you . . .
  - Some adjectives that describe you are . . .
  - I am impressed by the way you . . .
  - I look forward to seeing you because . . .
- Have each student put their name on the paper.
- Tell students to go around the room and stop at a desk, look at the name on the paper and finish the sentence.
- After they have completed the task, collect the papers and read them out loud one at a time. Notice the smiles on everyone's faces.
- This simple activity will give a lot of happiness, and these little activities make a big difference.

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### Spread the love and kindness!

Help children learn to be kind, even when nobody seems to need it.

- Get some colorful sidewalk chalk.
- Take your child for a walk around the neighborhood.
- When you get to a good spot on the sidewalk, pull out the chalk and tell your child to draw a picture, or write a kind statement.
- Some ideas are:
  - You are loved.
  - You make me smile.
  - The world is better with you in it.
  - I know you can handle it.
  - Your ideas are great!
  - You are strong.
  - You matter.
  - You are a good person.
  - You are kind.
  - You are growing.
  - I believe in you.
  - I believe you.
  - You are valuable.
- Don't forget to draw on the sidewalks with your child. They learn kindness through modeling, and by doing this activity together you will be teaching your child how fun it is to be kind.

### Gain some perspective!

Help children see how others feel by stepping into their shoes.

- Tell your child that you are going to play a game.
- Give them a scenario, and then ask them how they would feel.
- You can make up your own or use one of the following:
  - How would you feel if someone took your toy without asking you first?
  - How would you feel if someone ignored you when you said hello?
  - How would you feel if you were crying and nobody asked you what was wrong?
  - How would you feel if you lost at a game and the other person kept bragging about how good they were at the game?
- Help your child understand that by thinking of how others feel, it will make them kinder people.