

# 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 Spread Kindness Around the World*

- In this film, puppets from around the world help out in seemingly small ways, but even the smallest act of kindness makes a big difference.



## Talk about it!

|           | This story is done without any dialogue. Did your students understand it? Ask them!   | How can your students relate this film to their own lives? Ask them!   |
|-----------|---|--|
| Emotions  | <ul style="list-style-type: none"><li>• This film was called “Spread Kindness Around the World” What kind of kind acts did you see in this film? (sharing toys, helping someone put on a jacket, watering flowers, inviting others to play, drawing a picture together)</li><li>• How did the person feel when they received the kindness? How do you know?</li></ul> | <ul style="list-style-type: none"><li>• Have you ever done any of the things that happened in this film?</li><li>• How did these things make the person feel?</li><li>• How did doing things for others make you feel?</li><li>• When someone was kind to you, did it make you want to do something kind for someone else?</li></ul> |
| Reasoning | <ul style="list-style-type: none"><li>• What did the other person do when they were shown kindness? (smiled, laughed, hugged)</li></ul>   | <ul style="list-style-type: none"><li>• Why do you think that both of the characters were smiling and laughing when only one person did something kind?</li><li>• Does kindness make both people feel happy?</li></ul>   |
| Actions   | <ul style="list-style-type: none"><li>• At the end of the film it said: “How will you spread kindness today?” Can you answer that question?</li></ul>   | <ul style="list-style-type: none"><li>• What types of things can you do today that would make a difference to someone?</li></ul>   |

## Try this!

### Act it out!

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.
- When the paint is dry, tell children to draw hearts on them with chalk, markers, or paint.
- When the paint is dry, 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.



### Motivate them!

Children benefit from seeing visual proof that kindness counts. So, fill a jar with love!

- Get a large glass jar and place it in a prominent and permanent part of the classroom.
- Put a stack of small colorful squares of paper next to it with a special marker.
- Instruct the class that every time a teacher or a student receives an act of kindness, the teacher will fill out a colorful paper with the date, the name of the person who was kind, the kind act that was done, and the person who received the kindness.
- The paper will then be placed into the jar.
- By visually seeing how many kind acts are in the jar, children will get motivated to fill the jar.
- When the jar is full, have a kindness party. The children should sit in a circle with the teacher. Empty the jar and read each note aloud to the class.
- By hearing the kind acts, children will get motivated to hear their names being read aloud and will be inspired to keep being kind to others.

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## Talk about it!

|           | What did they take away from this film? Ask your students!  | How can they relate this film to their own lives? Ask them!   |
|-----------|---|---|
| Emotions  | <ul style="list-style-type: none"> <li>• What picture did the two puppets draw together?</li> <li>• What appeared over the different countries before it went to another country?</li> </ul>  | <ul style="list-style-type: none"> <li>• What is a “random act of kindness”?</li> <li>• Have you ever done a random act of kindness to someone? Tell us about it. How did it make you feel?</li> <li>• Has someone ever done a random act of kindness to you? Tell us about it. How did it make you feel?</li> </ul>              |
| Reasoning | <ul style="list-style-type: none"> <li>• Why did the hearts go from one country to the next? (to represent that love and kindness is contagious)</li> <li>• What did the hearts all around the world symbolize? (love makes the world go around; it helps the whole world work together)</li> </ul> | <ul style="list-style-type: none"> <li>• The hearts symbolize love and kindness. Some say that love and kindness is essential in every relationship in order for it to thrive. Would you agree or disagree?</li> <li>• How has someone being kind changed your mind about them or changed the way you feel about them?</li> </ul> |
| Actions   | <ul style="list-style-type: none"> <li>• What acts of kindness did you see in the film?</li> </ul>  | <ul style="list-style-type: none"> <li>• At the end of the film it said: “How will you spread kindness today?” Can you answer that question?</li> </ul>   |

## Try this!

### Make it!

Knowing how far a kind statement goes, create a visual reminder.

- Get a piece of white poster board for each student.
- Cut out a heart in pink/red paper and write the student's name on it.
- Tell each student that they are going to spread love and kindness in their class.
- Give each student a different colored marker.
- They are to go around to each desk and write something kind on the poster board about that student.
- Make sure that the teacher adds one too! A teacher's kind words can be very powerful to students.
- Afterwards, collect all of the posters.
- Call each student to the front of the room, one at a time, and read them all of the kind words said about them
- Tell students to affix the poster to the top of their desk to be a daily reminder of how people in the class feel about them.



### Spread the Kindness!

Everyone benefits from kindness, not just children.

- After 1 week, have the students reflect on how these kind words helped them.
- Has the visual reminder of the posters helped them?
- Which comments were the most powerful for them?
- Were comments about their appearance or personality more impactful?
- Consider others in the school who could use some kindness. Another teacher? Administrator? Librarian? Principal?
- Create a poster for each person the children listed.
- Ask students to write a kind statement on each of these posters.
- Now deliver them!
- If possible, have students read the kind statements to them.
- Note the reactions from each person who received the poster.
- Discuss how the students felt giving the posters, and how the others felt receiving the posters.
- Point out that spreading kindness makes everyone feel good.

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| Reasoning | <ul style="list-style-type: none"> <li>What did the person do when they were shown kindness? (smiled, laughed, hugged)</li> </ul>  | <ul style="list-style-type: none"> <li>Why do you think that both of the characters were smiling and laughing when only one person did something kind?</li> <li>Does kindness make both people feel happy?</li> </ul>  |
| Actions   | <ul style="list-style-type: none"> <li>At the end of the film it said: "How will you spread kindness today?" Can you answer that question?</li> </ul>  | <ul style="list-style-type: none"> <li>What types of things can you today that would make a difference to someone?</li> </ul>  |

# Try this!

## Discuss it!

Kindness in a family is very important.

- Ask your child how someone in the family has been kind to them.
- Tell your child about times that people in your family have been kind to you.
- Parents act as models for their children. Tell your child of a time that you were kind to someone.
- Discuss how it made you feel being kind to someone.
- Point out ways that your child has been kind to you.
- Come up with a plan to be kind to others in your family. What can you do together?

## Draw it!

Experience kindness by working together to create something.

- In this film, two characters drew a picture together. Try it!
- Choose one color and ask your child to choose another.
- Start with a heart and then get more creative. Discuss what you should draw.
- Ask your child how it felt drawing with someone and having someone help them with parts they were unsure of?
- How does the drawing make him/her feel?
- Put the picture up as a reminder of how much people can accomplish together if they are kind to one another and work together.

## Spread the Kindness!

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

- Go outside and collect rocks from the nearby surroundings.
- Paint the rocks using different bright colors.
- Paint hearts on the center of the rocks.
- When the paint is dry, go to a local park and place the painted rocks in various places 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 park.