

TOPIC

Acceptance & Belonging

LEVEL

Sixth Grade

THEME

Random Acts of Kindness

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Identify ways to create community/belonging in their school.

MATERIALS

- Chart paper or white board and markers

ESSENTIAL QUESTIONS

- What is a random act of kindness?
- What is the intention of the person doing the act?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Welcome, everyone! Today we are going to talk about how small actions can make a big difference. Our topic is belonging and how we can create it through random acts of kindness."

Go around the circle: "Let's start by sharing our names and answering this question: What is one kind thing someone has done for you recently?"

Say: "Kindness can change someone's day, and when we do it often, it builds a stronger, more connected community, which is one of our goals through Aevidum."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Ask the group the following questions:

- What is a random act of kindness?
 - Say: "A random act of kindness is something nice you do for someone without expecting anything in return."
- "Can someone give me an example of a random act of kindness?"
 - Record responses on the board.
- "When doing a random act of kindness, is the person looking to be praised?"
 - Discuss: "No, they do it because it feels good to help, not to get attention."
- "Why do you think it's powerful when kindness is done without expecting anything back?"
- "Has anyone ever done a random act of kindness for you? How did it make you feel?"
 - Allow 2 to 3 volunteers to share.
 - Say: "Kindness can be small, but it makes people feel seen and valued."
- "How do random acts of kindness build community?"
- "What happens to a group of people like our class or school when kindness is a habit?"
 - Summarize responses: "Kindness makes people feel like they belong, and it spreads positivity."

ACTIVITY: RANDOM ACTS OF KINDNESS PLAN (20 MINUTES)

Instructions:

- Say: "Let's make a list of random acts of kindness we can do right here in our school."
- Record on chart paper or on the board.
 - Examples:
 - Invite someone new to sit with you at lunch.
 - Write an encouraging note.
 - Compliment someone sincerely.
 - Hold the door for someone.
 - Help a classmate pick up dropped supplies.
- Say: "Now, pick 3 to 5 acts from our list that you want to do this week. Write them down and make a simple plan for when and how you'll do them."
 - Examples:
 - "I will write a thank-you note to my bus driver tomorrow."
 - "I will invite a student sitting alone to join my group at lunch on Wednesday."
- Say: "Turn to a partner and share one act of kindness you plan to do. This makes it more likely you'll follow through."

WRAP-UP (5 MINUTES)

Discussion Questions:

- "How do you think doing these acts will impact you?"
- "How do you think they will impact the people around you?"

Challenge:

- Say: "Your Aavidum challenge this week is to complete your 3 to 5 random acts of kindness. Next week, we'll share what we did and how it went."

Closing:

- Say: "Belonging starts with us. Aavidum means 'I've got your back,' and kindness is how we show it. Let's see how many ways we can spread kindness this week!"