

**Grade Level:** 3<sup>rd</sup>/ 4<sup>th</sup> grade lesson plan **Topic:** February – Random Acts of Kindness

**American School Counselor Association (ASCA) National Standard:**  
Personal / Social Development

- A. Students will acquire the knowledge, attitude, and interpersonal skills to help them understand self and others

**Materials:** RAK Bingo worksheets, iPad, Fluid App for iPad, "Boomerang of Kindness" (Life Vest Inside video) <http://vimeo.com/36789712>, smartboard, internet connection, Secret Mission Envelope with Card "SECRET AGENTS OF KINDNESS" , Mission Impossible music.

**Introduction:**

- I first start out telling the kids that I have a BIG secret that I want to share with just one person. (Of course, everyone wanted to be the one.)
- After I tell one student my secret, I ask them to share it with two people. Those two people will share it with four more people and so forth.
- By the end, everyone in the class will be told the secret and I ask them to say it all together so I could make sure the mission had been completed.
- "Ms. Learn is a SECRET AGENT!!
- Share with the class that you have a mission for them. One in which they will need to be trained for, so that they can become (open envelop with card), "SECRET AGENTS OF KINDNESS" (play "Mission Impossible" music)

**Procedure:**

- Play video, "Boomerang of Kindness" (Life Vest Inside video)
- <http://vimeo.com/36789712>
- After the video, talk with the students about how the *Kindness Boomerang* worked.
- Go over how the Kindness Boomerang began and continued, and how it came back to the first person.
- Tell students: Another neat thing about kindness is that it ripples. What do you think I mean?
- Let me show you on my iPad. I have an app on my iPad that shows water with some pebbles. If I touch my fingers to the water, what happens? (the water moves or ripples)
- When I touch this iPad it is each of you doing a kind act, like holding the door open for someone. What is the water? Guide the discussion to elicit responses that have to do with the world around us, the people around us, our peers, our family members, our teachers and other adults; our home, our neighborhood, our community, our classroom, our school, our sports teams, our clubs, etc.
- State, "So, when YOU (press the screen) behave in kind ways (give the simple example of smiling at another person or saying good morning) towards one person, ripples or waves of kindness will reach many, many people."
- Ask the students, "What do I mean by ripples or waves of kindness will reach many, many people?" Guide the students to discuss how kindness spreads. Just like in the video, kind acts can spread or boomerang.

# 4th Grade Counseling Lessons

**D Keegan**



## **4th Grade Counseling Lessons:**

## Whispering the Techniques of Language: An Mental Journey through **4th Grade Counseling Lessons**

In a digitally-driven world wherever displays reign supreme and quick transmission drowns out the subtleties of language, the profound strategies and psychological nuances concealed within words usually go unheard. However, set within the pages of **4th Grade Counseling Lessons** a interesting fictional treasure blinking with raw emotions, lies an extraordinary quest waiting to be undertaken. Penned by an experienced wordsmith, that wonderful opus encourages visitors on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within the fabric of each word. Within the psychological depths of this moving review, we can embark upon a genuine exploration of the book is primary styles, dissect their interesting writing type, and succumb to the strong resonance it evokes heavy within the recesses of readers hearts.

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