



## Skill Name: Be Kind

**Introduction:** Today we are going to talk about ways to **Be Kind**.

What are some ways we can **Be Kind**?

Ask students to define what **Being Kind** means. Shape their responses into observable behaviors (e.g. if they say be “nice” ask for examples of being nice that equate to observable skills such as using polite words...)

There are several ways to **Be Kind** to others in the lunch line. Here are the key behaviors:

- Keep your hands and feet to yourself.
- Speak politely to others.

### **Teaching Examples / Non-Examples:**

Demonstrations: I am going to show you some ways to **Be Kind** and some ways to **Be Unkind**. I want you to watch me and see if you can tell if I am **Being Kind**.

After each example ask the students if you were **Being Kind**. Ask what you might do in stead of during non-examples.

### **Examples / Non-Examples:**

- Your class is lined up alphabetically for lunch. You pretend you are one of the students in line and begin punching the person in front of you because he is in the wrong place in line.
- Demonstrate saying, ‘Thank You’ to the lunch helper after you get your lunch.

### **Role Plays:**

Set up a few practice sessions with your students based on the key behaviors for this Houghtaling “B”

**Example:** Roll play using polite words such as, ‘excuse me’ if you accidentally bump into someone in line.

**Non-Example:** Role play fiddling with the bulletin board in front of the office.

**Student Examples:** Ask students to role play real-life examples and discuss.

**Practice** above skills through the day as appropriate.

Teachers are encouraged to compliment students they see them engaged in appropriate behavior. Use additional activities and lessons to creatively reinforce the above skills.