

# The Great Kindness Challenge – Virtual Classroom Edition

## Mini-Lesson Features and Tips

We are delighted that you have chosen to implement The Great Kindness Challenge – Virtual Classroom Edition. Each joyfully created lesson activates an act of kindness from our 50 item checklist and is designed to engage, uplift and inspire your students.

Below is a brief description of the components within each kindness mini-lesson.



**Youth Artwork** The lessons all showcase illustrations created by children from around the world. We hope your students enjoy seeing the artwork and discovering the name, age and location of each young artist.



**Inspire** The lessons begin with an inspirational quote and a thought-provoking fact to inspire the heart and mind.



**Shake It Up** With students sitting at their computers much of the day, we want to get their bodies moving and their blood flowing. Each lesson includes a 1-5 minute physical activity, and when possible, the activity correlates with the lesson's act of kindness. To keep the students' minds focused on the positive, we provide an affirmation with each "Shake It Up" activity.



**Talk It Out** This section encourages students to share their thoughts, feelings, attitudes and opinions. This is a wonderful way for students to learn more about themselves and connect with their class-mates even though they cannot be physically together.



**Do It!** This is the heart and soul of the lesson! Some acts of kindness can be performed during class-time, some will be completed after school, and others will be a combination of both in class and after school.

**SEL Competencies** In order to understand and intentionally support the development of social and emotional competencies in your students, each Teacher Guide lists core CASEL competencies that are addressed during the lesson.

**Timeframe** The lessons are each designed to last 15-30 minutes. If your class engages in longer "Talk It Out" conversations, the time allotted may need to be extended.

**Materials Required** Only basic supplies are needed for most of the lessons. If your students don't have access to basic supplies (paper, writing utensils, scissors and tape) some adjustments may need to be made. The day before each kindness lesson, you may want to tell your students which supplies will be needed so they are prepared.

**Accessing & Editing Lessons** Each lesson is available for download in the following formats: JPEG, PDF, PowerPoint and Google Slides. Please note that Google Slides are only shared in a "view only" mode. If you wish to edit a Google Slide lesson, please copy the slide and insert it into your existing or a new presentation.