



**Counseling Virtual Learning**

**3rd Grade**

**Spreading Kindness**

**April 13-17, 2020**



## 3rd Grade Counseling Lesson: April 13-17, 2020

### **Learning Target:**

- Students will show gratitude by doing kind acts
- Students will identify the benefits of positive interactions

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“Kindness is the mark we leave  
on the world.”

-RAKtivist

Watch this short video to see  
how one act of kindness can  
spread to those around you.

[Color Your World with  
Kindness](#)

## What are ways you can show kindness to your loved ones?

- ✓ Clean up a mess around the house
- ✓ Help get ready for dinner
- ✓ Help with laundry
- ✓ Help with yardwork
- ✓ Help a sibling with homework
- ✓ Read a book to someone
- ✓ Give someone a hug for no reason
- ✓ Wave and smile at a neighbor



# Spreading Kindness



Today you are going to show your appreciation for a family member or loved one by making them a kindness coupon

# What will you need:

- ✓ Crayons, colored pencils, or markers
  - ✓ Paper
- OR
- ✓ Kindness coupon printout



# What to do:

## First:

Think of what your family member may have a hard time with or spend a lot of time doing.

## Next:

Fill out or make a kindness coupon of your own to share with your family.

## Finally:

Give your coupons to use for now or for later! Watch the kindness spread through your family!

**REPEAT!**

# Use these coupons or make your own

## KINDNESS COUPON



THIS COUPON CAN BE USED FOR:

TO:

FROM:

## KINDNESS COUPON



THIS COUPON CAN BE USED FOR:

TO:

FROM:

## KINDNESS COUPON



THIS COUPON CAN BE USED FOR:

TO:

FROM:



# Reflection

- ✓ How did you feel completing the Kindness Coupon?
- ✓ How did your family react when you gave them their coupon?
- ✓ Did you notice any changes in your family members when you were helping out?