



Online Lessons Created for IMPACT

Kindness Project

Creating a PSA



The Kindness Project

As I was walking around my neighborhood, I started thinking about all the employees who are required to report to work during our state's [Stay At Home order](#). These people are keeping our country running, and we owe them a lot.

I wondered how we could show them our appreciation. How can we let them know that what they are doing matters and we are so thankful for the job they are doing. That is when I decided to make this week's unit **The Kindness Project!**





The Kindness Project

Learning Targets:

- Students will learn about vital community jobs that support families and neighbors.
- Students will read and learn about real people who work in their communities.
- Students will have the opportunity to create “kindness appreciation” projects throughout the week.
- Students will learn what a public service announcement (PSA) is and create a draft storyboard.
- Students will create their own PSA expressing their appreciation for workers in their community.

Standards:

- **5.TS.7.A.a** Identify, select, analyze, evaluate, and use resources to create a product of social science inquiry with guidance and support as needed.
- **5.TS.7.G** Research and defend a point of view/position on a social studies question.
- **5.W.1.B.d** Restate the overall main idea in the concluding statement
- **5.W.1.B.e** Address an appropriate audience, organization, and purpose
- **5.W.1.B.a** Choose an appropriate organizational structure and build on one main idea to create a multiple-paragraph text appropriate to the genre

What are Acts of Kindness?

A random act of kindness is an unexpected act of charity or helpfulness and is often done for a someone you do not know. The Random Acts of Kindness week is in February, but we can take this moment in our nation's history to show kindness and appreciation to people who are working so that we have the things we need while we shelter at home.



Resources:

[150 Acts of Kindness](#) (PDF)

[The Kindness Blog](#)

[Kindness Bingo](#) (PDF)





The Science of Kindness

A recent study reported on how people felt after performing or observing kind acts every day for seven days. Participants were randomly assigned to carry out at least one more kind act than usual for someone close to them, an acquaintance or stranger, or themselves, or to try to actively observe kind acts. Happiness was measured before and after the seven days of kindness. The researchers found that being kind to ourselves or to anyone else — yes, even a stranger — or actively observing kindness around us boosted happiness. (**Harvard Health Blog 4.18.19**)

[Kindness is Chemical](#) (article)

[Kindness Health Facts](#) (PDF)



[Envision Photo Contest 2019](#)

I loved this website, and it started me thinking ... why not have a Kindness Photo Contest for IMPACT! Email Mrs. Bonner pictures of Kindness and she will post them on the IMPACT Facebook page! If we have enough, we will let our audience vote for their favorite!





The Kindness Project

Hi IMPACT Friends!

This week we are going to focus on **KINDNESS!** We are going to learn about people who are helping others every day they go to work. I will be giving you a daily Kindness Challenge, where you can show your appreciation to someone you know. At the end of our unit, we will be creating a public service announcement or PSA. I hope you enjoy this unit and find even more ways to spread a little kindness!

♥ Mrs. B



Let's Meet Healthcare Workers in our Community



The Kindness Project

Meet Amber De Gama Rose

I'm a physical therapist at a small hospital. We are only allowed to see a few patients that have had surgery. So most of us are now working at screening tents/doors. I have to check people coming into our hospital campus for fevers and ask if they have any symptoms to approve them or not to come in.

What does a physical therapist do?

Physical therapists teach patients how to prevent or manage their condition so that they will achieve long-term health benefits. PTs examine each individual and develop a plan, using treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disability. Occupational therapists work on fine motor skills and often work in schools.

Videos

[Occupational Therapists in Schools](#)

[Physical Therapists in the Workforce](#)



The Kindness Project

Meet Lindsey Simmons

I'm a nurse in the neurology clinic at Children's Mercy. We are setting up and conducting virtual appointments for our patients during this time.

What does a neuroscience nurse do?

A neuroscience nurse is a nursing professional that helps patients suffering from neurological problems. This can include injuries, such as head and spinal trauma from accidents, or illnesses, such as meningitis, inflammation of the brain, epilepsy, and multiple sclerosis.

Videos

[Pediatric Neuroscience Nurses](#)

[Pediatric Neuroscience](#)

[Ashley's Journey](#)





The Kindness Project

What did we learn?

1. Explain what a physical therapist does.
2. How do physical therapists help students?
3. Explain what a neuroscience nurse does.
4. In the video, [Ashley's Journey](#), how did the doctors help Ashley?

Kindness Challenge!

Create a thank you card or write a letter to your school nurse. If you would like to mail it to her, you can look up your [school address](#), or you can give it to her the next time you are at school.

Let's Meet Mail Carriers in our Community





The Kindness Project

Meet Anthony Mitchell

I am a mailman. During this time I have to keep a safe distance with my customers which is no fun. I cannot hand them their mail right now. I have to leave it in the mailbox. Every so often I'll come up to a mailbox and I'll have a gift from a concerned customer. It gives me a smile knowing they care.

What does a mail carrier do?

USPS mail carriers deliver mail to homes and businesses in cities, towns, and rural areas. They travel planned routes, collecting and delivering mail, obtaining signatures, and answering customer questions about postal regulations and services. Mail may be delivered on foot or by mail truck, depending on the location.

Videos

[USPC Rural Carrier Associate \(RCA\)](#)

[How Mail Carriers Handle the Heat](#)

[Mailman Turkey Chase](#) (just for fun!)





The Kindness Project

Amazon Delivery

Almost half of United States internet users start their product searches on Amazon, so it's no surprise when you see an Amazon delivery van in your neighborhood. Most Americans are limiting their shopping and the only stores that are open are grocery stores. So where are people buying their goods? Online! That means more business for Amazon! Amazon hired an additional 100,000 workers across the United States in March 2020 and has even implementing pay raises.



What does an Amazon employee do?

The task that most people perform is package scanning and placing them onto pallets. Packages come down via a large conveyor belt, and there are roughly 50 pallets on each side of the belt. You take a package from the belt, look at the sticker on it (which tells you which pallet it needs to go on), and then scan the package with your handheld scanner. You must stack the box on top of the other boxes that are already on the pallet, which can be hard. Each pallet will be stacked up to roughly 6ft tall before it is replaced by a new pallet. Skilled workers can process 180+ packages per hour.

Videos

[Amazon Heros](#)

The Kindness Project

What did we learn?

1. Explain what a mail carrier does.
2. Name three parts of the job that could be difficult.
3. What percentage of United States internet users start their shopping on Amazon?
4. How many packages can a skilled worker process in one hour?

Kindness Challenge!

Leave a treat or note for your mail carrier. It can be a bottle of water or a snack. You can also draw a funny cartoon instead. Make sure you include a compliment and let him/her know how much you appreciate his/her service!



Day Two

Let's Meet School Employees in our Community



The Kindness Project

Meet Amy Mansell

I am a Food Service Manager. I plan and prepare breakfast and lunches for our school. Many students depend on school lunches for a nutritious meal, so while school is not in session, my team and I are preparing grab and go lunches for our students.

What does a food service manager do?

They are usually one of the first people to arrive at school! It's a big job to prepare breakfast and lunch for so many children. Currently while students are learning online, school cooks are still making food for students. In some districts, helpers are traveling by school bus to drop off these nutritious meals to children in their district.

Videos

[Elementary Cafeteria Workers](#)

[A Day in the Life of a Food Service Worker](#)





The Kindness Project

Meet Michelle Polston

A few tasks I've been working on as a secretary at William Southern Elementary are: answering the phone, along with other duties such as employee timesheets & absences. I have also been working on the building credit card statement reconciliation, closing out purchase orders and entering work orders. I've also updated our school calendar.



What Does a School Secretary Do?

School secretaries are the heart of the school! They do so much for students, teachers and principals. They greet guests and families when they come to school. Secretaries also check attendance, answer the phone, and order supplies. Anytime your teacher sends you to the office with a note, it is the secretary who takes care of whatever your teacher needs. They even make emergency copies!

Videos

[Elementary School Secretary](#)

[High School Secretary](#)



The Kindness Project

Meet Sherry Cox

I am a paraprofessional educator. When school is in session, I work with students who have a wide range of learning disabilities. While school is not in session, I am delivering meals to students at their bus stops.

What Does a Paraprofessional Educator Do?

Paraprofessional educators generally assist teachers in the classroom, supervise students outside of the classroom, or provide administrative support for teaching. Many teacher assistants work primarily or exclusively with students who have special educational needs.

Videos

[A Day in the Life of a Paraprofessional Educator](#)

[Why be a Paraprofessional?](#)



The Kindness Project

What did we learn?

1. Name three things that secretaries do.
2. What are cafeteria workers doing while school is out?
3. Explain a paraprofessional's responsibilities.

Kindness Challenge!

Design and create a [kindness rock](#). Leave it someplace where it will be seen, then someone who really needs an uplifting message can take it home!



Let's Meet Missouri Farmers





The Kindness Project

Meet Missouri Farmers

Jeff Fairchild and Amy Soendker are Missouri farmers. They both have family farms. Farming is a full time job which means waking up early! Farmers plant crops and raise livestock. If you have food on your table, you can thank a farmer.

What do farmers do?

Farmers might raise crops, livestock, poultry, fish and shellfish, or produce dairy products, ornamental plants or nursery products. Some farmers raise both crops and livestock or produce food for their animals on the farm. Each type of farming requires specialized skills and knowledge.

Videos

[A Day in the Life of a Farmer](#)

[Dairy Farmers](#)

[From Football to Farming](#)





The Kindness Project

Meet Gayle Wilson

Our agency administers federal farm programs through the Farm Service Agency. This will include conservation programs that protect wildlife habitats, disaster programs that offer cost share assistance due to natural disasters such as tornadoes and floods. We administer the DMC program that is a safety net program for dairy producers when prices fall. And we will be the agency that will administer the federal relief money that has been promised for agriculture producers from the Covid 19 situation.



What Does the USDA Farm Service Agency do?

Since the 1930s, FSA has provided invaluable support to America's ag producers. Today, Farm Service Agency's responsibilities are organized into five mission areas: Farm Programs, Farm Loans, Commodity Operations, Management, and State Operations.

The Kindness Project

What did we learn?

1. Name three things that farmers do every day.
2. Have you ever visited a farm? Tell an adult some of the things you saw and why you enjoyed your trip!
3. How does the USDA Farm Service Agency help farmers?



Kindness Challenge!

Create a video thanking America's farmers! If you want to share it, you can post it on Seesaw, on our IMPACT Facebook page or email a video to Mrs. Bonner!

Be kind
whenever possible.
♡ ♡ ♡ ♡ ♡ ♡ ♡
it is always
possible

- DALAI LAMA

Think about what our world would be like if everyone practiced kindness. Our lives would change in an instant. One person can make a difference in someone else's life. You might be that person to someone.

The most reliable
way to predict
the future
is
to create it.

The Kindness Project

Meet Mr. Scott

Mr. Scott assists his community by being a teacher for the Independence School District and a Children's Minister. He does on-line messages and delivered egg bags since the children at his church couldn't do an egg hunt. Mr. Scott serves as a positive role model for his students and his youth group at church.

What do youth ministers do?

A youth minister coordinates time with children and teens for the purposes of worship, education, volunteer work and community outreach. Additionally, they may lead and serve within various church programs and activities, such as children's care or Bible study classes.



The Kindness Project

[Covid Connections](#)

I truly believe that one person can make a difference. This news caught my attention this week because it reminded me of so many of our students. Jacob Kraus was worried about his grandparents who live in the St. Louis area. He knew they could no longer run errands and expose themselves to the Covid19 virus. Jacob created a website where volunteers are connected to people who need assistance. When the stay at home order is over, how can you volunteer and make a difference in someone's life? It might be as simple as raking your neighbor's leaves or writing a note to an elderly family member.

Video

[News Story about Covid Connections](#)

[Kids Volunteering](#)

[Kids Giving Back](#)



The Kindness Project

What is a Public Service Announcement?

A PSA (Public Service Announcement) is a short informational clip that is meant to raise the audience's awareness about an important issue. PSAs may include interviews, dramatizations, animations and many other types of video and audio content.

Your Mission:

Educate others about the necessary work that people are doing during the Missouri Stay At Home order. Make sure you show appreciation in your PSA for the work they are doing in their communities!

What makes a PSA effective?

- It gets the audience to pay attention.
- The message is clear and easy to understand
- The message is supported by facts about the issue.
- The audience is able to sympathize with those affected by the issue.





The Kindness Project

Hook the Audience!

Find a way to make your PSA interesting! It could start with a shocking fact, have comedy, play on viewers emotions or be an important topic for your audience.

Get Your Facts Straight!

If you want to create a PSA about a job that was not featured in this lesson, be sure to research that job. Add information that will grab your audience's attention. If your message has incorrect facts, you will quickly lose credibility.

Be Straightforward!

Make your point clearly. Stay on topic and do not add extra information that is not needed. You want your viewers to understand the message you are trying to relate to them.

The Kindness Project

Resources:

- [Wishes PSA](#) (example video)
- [Bring Your Own Water Bottle PSA](#) (example video)
- [Script Outline](#) (PDF)
- [Create a storyboard for your PSA](#)
- [Storyboard Example](#)

Now it's your turn! You can:

- Create a storyboard and share it with your family, you can take a picture of it and post it on Seesaw if you would like to share it with Mrs. B and Mrs. G
- Make a video and post it on Seesaw
- Write a script and perform it for your family

