

## 8th Grade Homeroom

### Lesson: April 9th

- **Essential Question:** How can I show kindness to my family/friends and why is building a connection with them important?

**Let's Get Started:**

Watch Video:

[Believe in Yourself!](#)



You will need  
paper and a  
writing utensil  
for this activity.



What did you visualize for your future while you watched the video clip?

Kindness  
is  
Magic

How can you spread kindness?

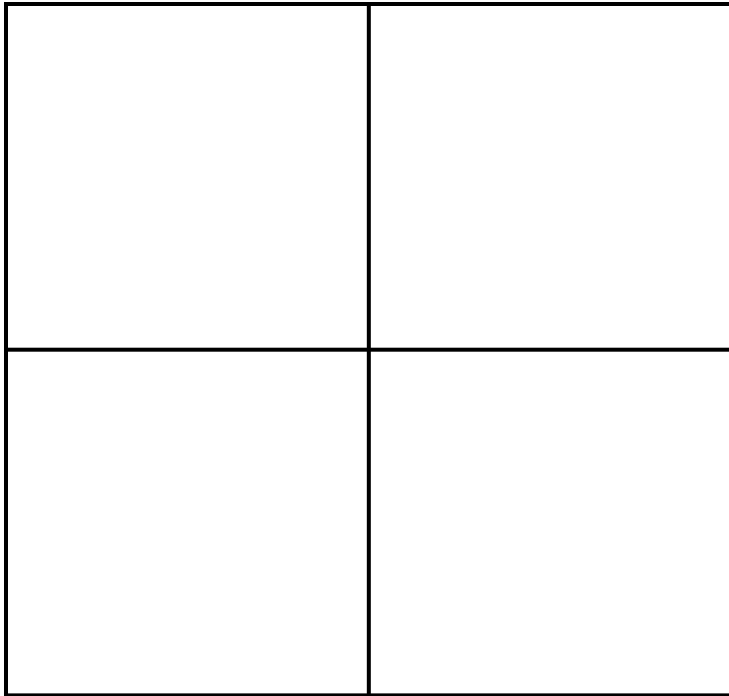


At least once a day we make a trip to the refrigerator. This is a great place to spread some kind words.

What would you say?



# Spread Kindness Movement



1. Students will choose four quotes from the slideshow or you can search for motivational quotes on your device.
2. Divide your paper into 4 squares and cut or tear apart.
3. Write one quote on each square of paper. You can add pictures or different colors to each square.
4. Choose a place to hang your quote or give to someone who needs some kindness.



you are **FREE**  
**TO CHOOSE**  
BUT YOU ARE NOT  
**FREE** from the  
CONSEQUENCE  
OF YOUR **CHOICE**

"PRACTICE CREATES  
*confidence.*  
CONFIDENCE EMPOWERS  
YOU."  
—Simone Biles—

“W”



KEEP  
CALM  
AND  
BE  
COOL



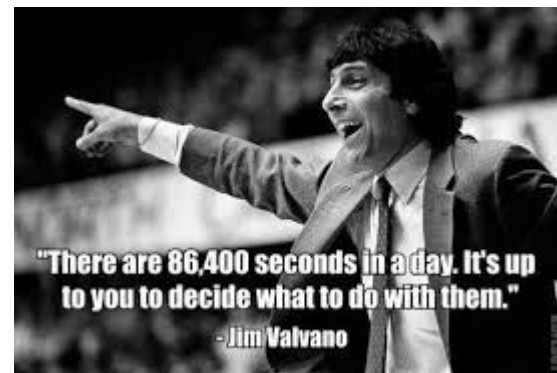
”  
"It is what it is, but  
it will be what you  
make it."  
PAT SUMMITT

MAKE THE WORLD  
**MORE**  
**AWESOME**  
—KID PRESIDENT



Students please copy down any of the quotes above

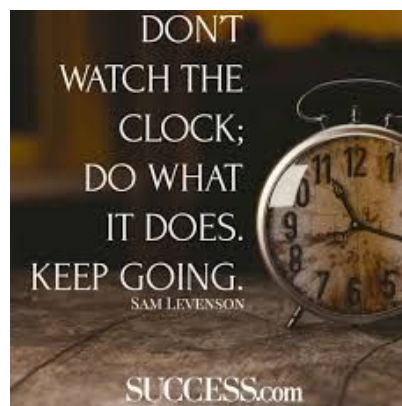




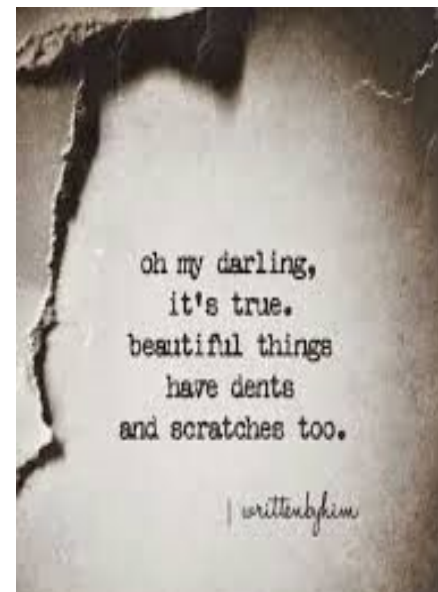
Let nothing  
dim the  
LIGHT  
that shines  
from within



Students please copy down any of the quotes above



Students please copy down any of the quotes above



Students please copy down any of the quotes above





**Students thank you for  
spreading kindness to help  
brighten someone's day!**

Throw  
kindness  
around like  
confetti

Thanks!