

# 2. JonnyPops Kindness Lesson Program

Program designed to be able to be executed across classroom formats. Flexible modifications to be able to engage students from grades K-12. Members of Jonny Pops team available for facilitation.

## PROGRAM SYNOPSIS

	Purpose	Resources	Lesson 1: The Purpose of Kindness	Lesson 2: Examples of Kindness	Lesson 3: Kindness in Action
<b>Program Overview</b>	Discussion based curriculum designed to engage and empower students on how they can add more kindness in their school environment.	Jonny Pops Caught Being Kind Toolbox: <ul style="list-style-type: none"> <li>Kindness Curriculum</li> <li>Kindness pledge</li> <li>Caught Being Kind rewards</li> <li>Popsicle stick template</li> </ul> Time Requirement: Minimum: One, 30 min lesson. Maximum: 3 separate 30 min lessons	Define common understanding of what kindness is and why it's important	Engage students in discussions and stories related idea generation of their own way to promote a better school environment.	Engage Students in action plan to implement what they have learned into action by brainstorming school-wide kindness activities, and other student suggested activities
<b>Cafeteria Classroom</b>	Facilitated presentation with some student participation. Get students to think of the cafeteria not as a place just for lunch but also a place to positively engage their peers	Dedicated Classroom Time  Audio  Jonny Pops Caught Being Kind toolbox	<ul style="list-style-type: none"> <li>Share definition and key quotes of kindness</li> <li>Show connection to school values and key initiatives</li> <li>State benefits of kindness</li> </ul>	<ul style="list-style-type: none"> <li>Show 2 example of kindness and amazing impact to individual or community</li> <li>Ask for students to share example</li> </ul>	Students sign kindness pledge and write what their kind deed will be for kindness week on popsicle stick. Reward those "caught being kind" with classroom Jonny Pop party

# (2.A) Lesson Program Introduction and School Standards Addressed

At JonnyPops, we are on a mission to make the world better one pop at a time. JonnyPops not only provides students a delicious, healthy treat but also encourages kindness in the classroom and community.

Based on scientific research, teaching kindness leads to tangible effects within a school culture. Not only will kindness bring real health benefits to students, but it will also reduce the likelihood of bullying, low self-esteem, and depression. That’s why, here at Jonny Pops, we believe that every act of kindness, no matter how big or small, goes a long way to making the world a better place.

We have put together a flexible kindness toolbox to help educators in the cafeteria classroom or traditional classrooms teach and empower students to drive acts of kindness to create kinder and happier school environments. We are excited to be partners with you in creating the kindness leaders of tomorrow.

Sincerely,

Erik Brust and Connor Wray

Co-Founders, JonnyPops

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**“WE BELIEVE THAT EVERY ACT OF KINDNESS—NO MATTER HOW BIG OR SMALL—GOES A LONG WAY.”**

— *ERIK BRUST, CO-FOUNDER AND CEO*

**Subject:** Kindness

**Standards Addressed:** Kindness in the classroom and community (Language Arts, Social Studies)

- Language: Students adjust their use of spoken, written, and visual language (e.g, conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes
- Social Studies: the study of individual development and identity will help students describe factors important to the development of personal identity.

**Objectives:**

- Create a working understanding of what Kindness really is and understand tangible benefits of kindness.
- Promote students to make connections with what they have learned, and to apply it to their school and personal lives.
- Learn the importance of understanding how others are feeling and thinking to be compassionate.
- Empower students to improve school culture by implementing and spreading kindness.

# (2.B) Lesson #1: Defining the Purpose of Kindness

## LESSON PART 1: Defining the Purpose of Kindness

Materials Needed: Chalk board

**Overview:** The students will create a common definition of kindness and define importance.

**Discussion:** The class will begin with group discussion defining Kindness, and the various elements that go into being a kind person. This can include definitions, related virtues and quotes.

- Definition: Kindness is the quality of being warmhearted, considerate, human and sympathetic
- Kindness, backed by research, brings about real health benefits, reduces depression and bullying.
- Related words: Generosity, Benevolence, Consideration, Favor, Forgiveness, Helpfulness, Thoughtfulness, Compassion, Charity, Loving

**Activity:** As a class or in small groups class writes and agrees upon common definition of Kindness and behaviors associated with kindness.

- What does kindness look like? Refuse to ridicule others, show concern for others, treat everyone fairly, practice acts that make others happy
- This will serve as a flagship for the class to aspire to and the teacher to reference throughout the week

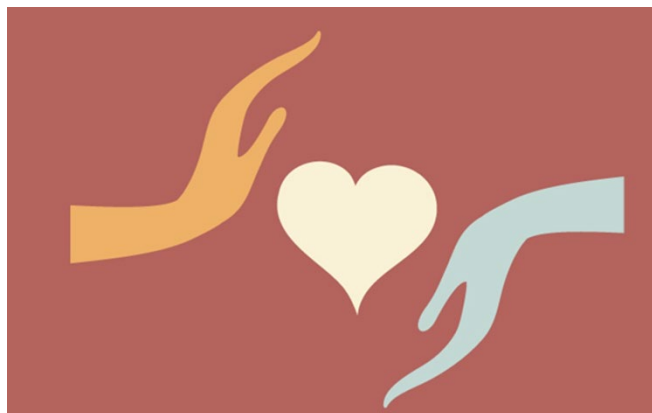
# (2.B) Lesson #2: Examples of Kindness

## LESSON PART 2: Examples of Kindness

Materials needed: See activity appendix for needs.

**Overview:** The students will engage in discussions, stories and subject area integration to promote idea generation of their own to promote a better school environment.

- **Story:** Teacher to share a story of kindness with the classroom
  - Resource: Story of cookies and kindness (appendix A)
- **Activity** to drive discussion on impact of kindness
  - Ripples activity (appendix B)
- **Discussion**
  - When we do a kind act does it stop with just us?
  - What do you feel when being kind to yourself and others?
  - What stops us from being kind?
  - How do you know when someone needs an act of kindness?
    - Ask questions such as: How can I help? Do you want to join? Are you okay?



# (2.B Cont.) Appendix for Lesson #2



## Appendix A: Cookies and Kindness

– Author unknown –A young lady was waiting in the airport’s departure area pending her flight home. After realizing there was a delay, she bought a small bag of chocolate chip cookies to enjoy while she waited.

She made her way to the VIP lounge to sit and relax. She sat down in an armchair to enjoy her cookies and read her book. Beside her sat a pleasant, young man reading his book. The bag of cookies between them. Neither spoke. The young lady took her first cookie. Then, much to her surprise, the young man also took a cookie.

He said nothing. She said nothing but was clearly bothered. For each cookie she took, he did the same. Again, no words or looks were exchanged, but her anger grew. This continued until there was only one cookie left.

Then the man took the last cookie and divided in half – leaving her half in the bag.

Well, that was it! She was so infuriated and bothered by his lack of consideration that she packed up her things and moved. Soon she boarded her flight, took her seat and began to settle in for her trip – still very upset by this young man’s lack of manners.

She went into her purse and she felt her heart sink. There, in her purse, was HER bag of cookies – unopened and untouched. She was touched that This young man had shared HIS cookies without saying a word. He even gave her half of his last one. He wasn’t upset or worried about her actions. He gave without condition or feelings of anger or bitterness. She decided that she would pass along the kindness and shared her cookies with the people around her.

*“No kind action ever stops with itself. One kind action leads to another. Good example is followed. A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves.” - Amelia Earhart*

## APPENDIX B: Ripples Activity

Materials needed: a pan with water, 3 items to drop in the water – 1 lg, 1 med, 1 small

- Hold the large item up and ask the class to think of a BIG act of kindness. Drop it in the water and show how big acts of kindness create a ripple effect.
- Hold up the medium item and ask the class to think of a little smaller act of kindness. Drop it in the water and show how big acts of kindness create a ripple effect.
- Hold up the small item and ask the class to think of a small act of kindness. Drop it in the water and show how big acts of kindness create a ripple effect.

Discuss how acts of kindness no matter how big or small create ripples of kindness that can change the world.



# (2.C) Lesson #3: Kindness in Action

## LESSON PART 3: KINDNESS IN ACTION

Materials needed: Kindness Pledge (appendix C)

Overview: The students will create ways and pledge to create more kindness in the world.

### Activity

- Students sign kindness pledge.
- Ideas for class activities in kindness
  - Elementary: Create Popsicle stick picture frames for retirement homes, write letters of appreciation to school staff.
  - Secondary and High School: Create secret kindness envelopes for the number of students in the classroom and put one kindness assignment in each.
    - Examples of missions: sit by someone who is alone at lunch, help someone carry a heavy load, donate used clothing to the school nurse or social worker for students who may need them, etc.
- Ways to keep the **discussion** going
  - Students can create a journal in response to their kindness mission.
    - Journal Questions: Describe what happened. What did you think and feel about what happened? What was your mood like before you completed the assignment? What was your mood like after you completed the assignment?
  - Celebrate the kindness spread through leveraging “Get Caught Being Kind” reward package (appendix D)

