Blue Jay Way – Nest Lesson #2

This lesson is centered around acts of kindness. It may seem small, but each act of kindness can go a long way toward making someone's day!

- **2:15:** 5th graders and Kindergartners begin to travel

- **2:20:** All students begin to travel. Music will play to cue travel to nests.

- **2:25:** Once all students have arrived, spend a few minutes on greetings, briefly reintroducing each other.

- **2:30:** Play the video: **https://vimeo.com/246325929**

- **2:35:** Reiterate the theme for Blue Jay Way: "Consider Kindness," and point out today's focus on Acts of Kindness. Leaves may be falling off of the trees outside, but we are building our very own "leafy" Handprint Tree, full of helping hands, and acts of kindness.

1) Brainstorm acts of kindness

2) **By 2:45** Pass out the colored sheets of paper. Each student will have one sheet of paper to write on.

3) Have students first trace their hands on their colored piece of paper. Next, students will write down an act of kindness inside the outlined hand. Finally, students will cut out the hand.

   Older students can help younger students trace and write. Younger students may also draw a picture to represent kindness, instead.

Handprint papers:

K: white	3rd: red
1st: yellow	4th: green
2nd: orange	5th: blue

Talk to your nest about their acts of kindness. Are they huge acts, or something pretty easy, that could be done today?

How amazing Barnard would be if each person in the nest completed his or her act of kindness today.

What if each person in all of the nests completed an act of kindness today. Think about it: that's over 400 acts of kindness! Whoa!

- **Music to transition back to class will begin at 3:00.**

- **If you are in need of filler at the end, please play this video for a short read-aloud:** *Each Kindness*
  https://www.youtube.com/watch?v=Var5X3uuYwE

Possible discussion questions from Each Kindness
      How did the book make you feel?
      How could small acts of kindness have helped Maya?
      Do you think the narrator changes in the end? Why?
      What do you think about the title, *Each Kindness*?