

# Lesson Plan: Helping Others

Date: February 24, 2020

<b>Grades</b> 10-12 <b>Theme</b> Rewards of showing kindness <b>Duration</b> 30 minutes	<b>Objectives</b> -Understand the benefits of kindness -Give compliments to, and express appreciation of, others.	<b>Embedded Literacy</b> BellRinger Activity Quickwrite	<b>Start Here (Hook)</b> If there was an anecdote for making you feel happier, more connected to others, and a longer lifespan, wouldn't you do it? There is! Practicing kindness
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## **Bell Ringer Activity:**

Have a student read the quote by Ralph Waldo Emerson on slide 2. Give Students Handout 3.20.1 and ask them if they agree or disagree? Why?

## **Video #1 The Kindness Scientist**

<https://www.youtube.com/watch?v=sUcxoNFiomY>

## **Video #2 The Archer Hadley Story**

[https://www.youtube.com/watch?v=Kh1a\\_juMMoo](https://www.youtube.com/watch?v=Kh1a_juMMoo)

## **Class Discussion:**

Have a class discussion with your students regarding the questions on slide 6

## **Team building Sticky Note Activity:**

Students will write sticky note compliments to students, and these compliments will circulate throughout the room.

1. Pass out six sticky notes per student
2. Introduce the activity, and then get it started by writing four compliments on sticky notes for four different students
3. Then, ask those four students to each write two sticky compliments and pass them on, with at least one going to someone they don't know all that well.

This starts a chain reaction throughout the class. Keep going until everyone is out of sticky notes. Note: it takes a while before all students have sticky-notes, so have them do homework when they are not getting/passing sticky notes.

## Helping Others



### Bell Ringer

What does this quote mean to you? Do you agree or disagree? Why?

*"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."*

— Ralph Waldo Emerson

## Helping Others Activity

What have you done to help others? What else could you do to help others? Write your answers below. After you've listed at least eight ideas yourself, partner with others for additional ideas.

What <i>have</i> you done to help others?	What <i>else could</i> you do to help others?
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	[After 8, you can ask others for ideas.]
	9.
	10.
	11.
	12.
	13.
	14.
	15.
	16.



### Reflection/Application

What is your plan to help others? List three people (or groups of people) you want to help. How, and when, are you going to help them? (Be specific.)