



# **KINDNESS CRUSADER SUPERHERO ADVENTURES**

**WHAT'S YOUR KINDNESS SUPERPOWER??**



***IDENTIFY YOUR KINDNESS SUPERPOWER***

# IDENTIFY YOUR KINDNESS SUPERPOWER

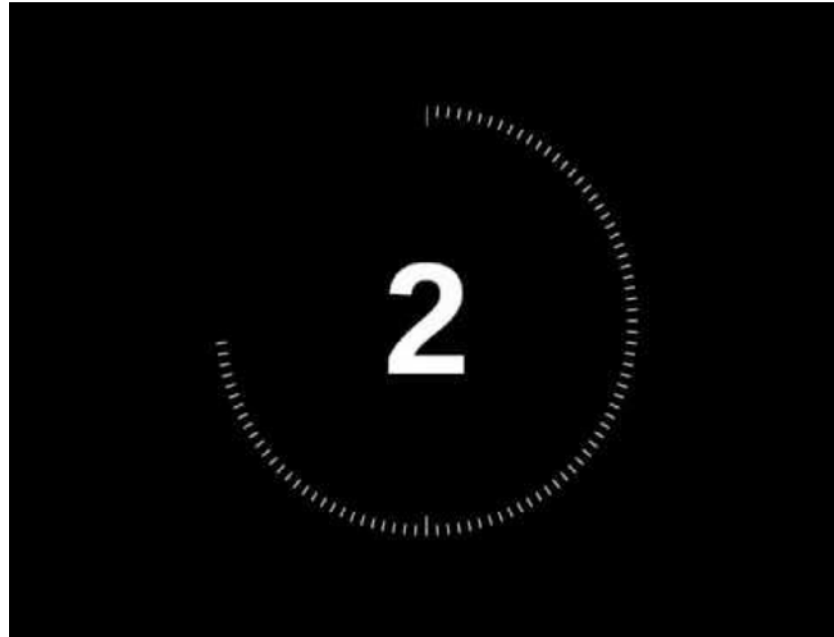
Make a list that includes all of the ways you showed kindness in the world or helped others during the last few weeks.

*Here's a sample:*

- *Visited my friend in the hospital after her surgery.*
  - *Helped my mom make dinner*
  - *Let my little brother play with me*
- *Told my teammates they played a good game*
  - *Sat with someone new at lunch*
- *Donated clothes that don't fit me anymore to charity.*
- *Played fetch with my dog because its his favorite game*
  - *Picked up litter in the park*
- *Watered my neighbors' garden when they were on vacation*

# ***IDENTIFY YOUR KINDNESS SUPERPOWER***

You have 2 minutes, GO!



# IDENTIFY YOUR KINDNESS SUPERPOWER

Gallery walk...walk around the classroom and look at what your classmates have written. Think about how their acts of kindness could be superpowers that make the world a better place. On their paper, write down 'superpower' ideas that come to mind.

*Here's a sample:*

- The power to be a friend*
- The power to be kind to animals*
- The power to help the environment*
  - The power to cheer people up*
- The power to make sure no one feels lonely*

# ***IDENTIFY YOUR KINDNESS SUPERPOWER***

You have 10 minutes, GO!



# IDENTIFY YOUR KINDNESS SUPERPOWER

Look at the feedback people have given you.  
What do you want your kindness superpower to be?



# IDENTIFY YOUR KINDNESS SUPERPOWER

Draw or use the computer to design your superhero logo.





# IDENTIFY YOUR KINDNESS SUPERPOWER

Give your neighbor feedback. Does the logo he or she has designed do a good job representing their kindness superpower?



# ***IDENTIFY YOUR KINDNESS SUPERPOWER***

Use an old pillowcase and felt to make your cape.





**PLEDGE TO BE A KINDNESS CRUSADER AND  
USE YOUR KINDNESS POWERS TO HELP OTHERS**

# PLEDGE TO BE A KINDNESS CRUSADER

Create your own kindness pledge through which you promise to use your kindness powers to change the world.

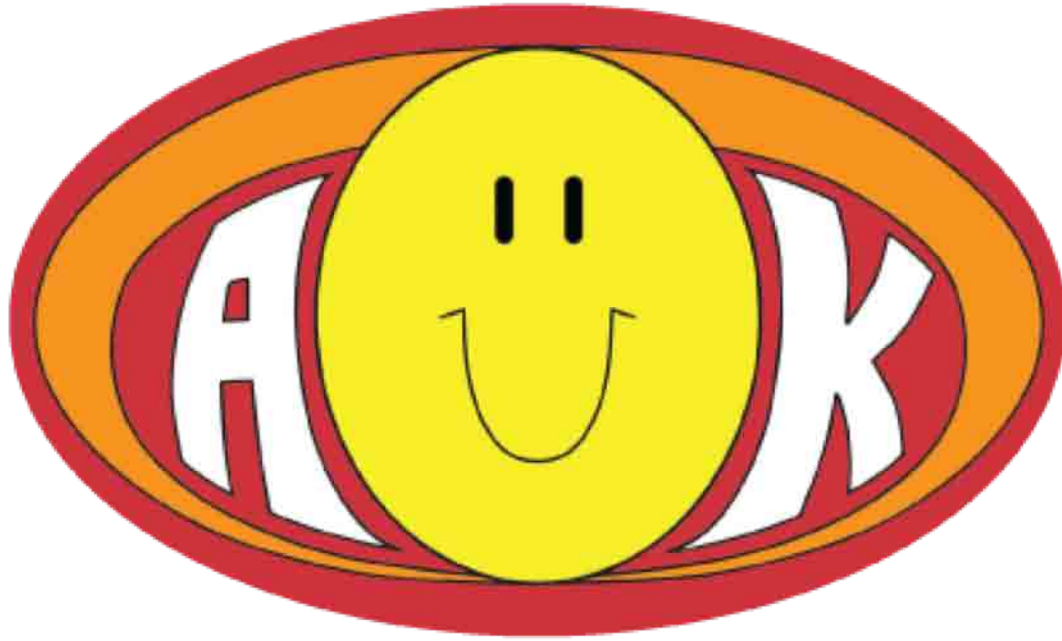
I PLEDGE TO USE MY WORDS  
TO SPEAK IN A KIND WAY.  
**I PLEDGE**  
TO HELP OTHERS AS I GO  
THROUGHOUT MY DAY. I PLEDGE TO  
CARE FOR OUR EARTH  
WITH MY HEALING HEART AND HANDS. I PLEDGE TO  
**RESPECT PEOPLE**  
IN EACH AND EVERY LAND.  
I PLEDGE TO JOIN TOGETHER AS WE  
UNITE THE BIG AND SMALL.  
I PLEDGE TO DO MY PART TO  
**CREATE PEACE**  
FOR ONE AND ALL!



# PLEDGE TO BE A KINDNESS CRUSADER

Trace your hand and decorate it to create your own personalized helping hand artwork. Add your helping hand to those of your classmates as you pledge to use your kindness powers to help others.





***GO ON A KINDNESS PATROL***

# GO ON A KINDNESS PATROL

**PART ONE:** Work with your group to create a mind map with two parts:

- 1) ideas to to make your school a kinder place; and
- 2) ideas to help in the community where you live.



# ***GO ON A KINDNESS PATROL***

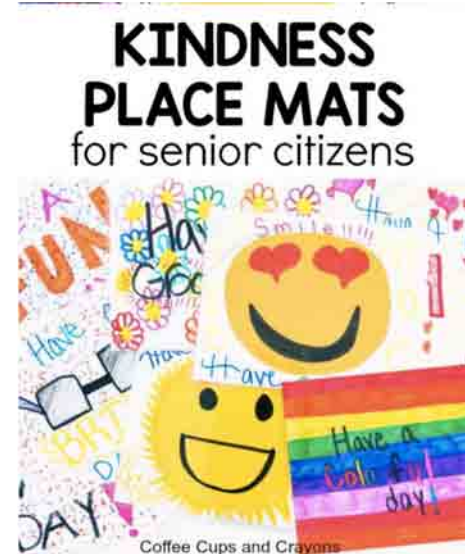
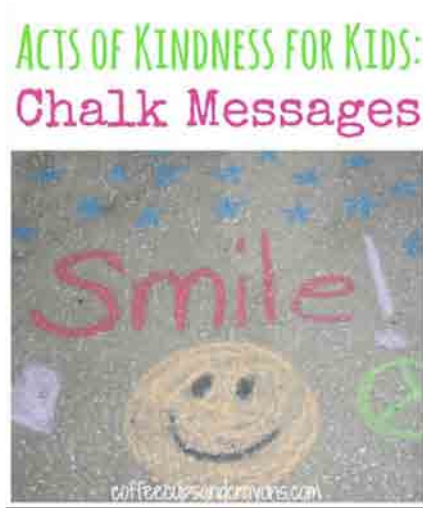
You have 10 minutes, GO!





# GO ON A KINDNESS PATROL

**PART TWO:** Look at the ideas your teacher has posted around the room.  
Add ideas to your initial list.



# ***GO ON A KINDNESS PATROL***

You have 10 minutes, GO!



# ***GO ON A KINDNESS PATROL***

**PART THREE:** Share your group's ideas with the class.  
Together, we'll build a big list of Kindness Patrol ideas.



# GO ON A KINDNESS PATROL

**PART FOUR:** Work with the class to create a plan for each of your Kindness Patrol activities.



# GO ON A KINDNESS PATROL

**PART FIVE:** Come back to class and debrief about your Kindness Patrol experience! How did it make you feel?





***TEACHER'S GUIDE***

## ***THEMES***

- Kindness is a superpower
- Small acts of kindness, when multiplied by hundreds and thousands of people, can change the world
  - Words and deeds as acts of kindness
- The ripple effect: spreading kindness to others, paying it forward

## ***KEY VOCABULARY***

Kindness

Crusader

Neighbor

Patrol

Pledge

Challenge

Activity	Details	Materials	Guiding Questions
<b>Read <i>Kindness In the Neighborhood</i></b>	Either read the book in its entirety at the beginning of the week or read a bit each day to put students in the right mindset.	Book ( <a href="http://www.kindnesscrusaders.com">www.kindnesscrusaders.com</a> )	<ul style="list-style-type: none"> <li>•What makes Sam a superhero?</li> <li>•Have you ever completed an act of kindness?</li> <li>•What acts of kindness did Sam do to help her neighbors?</li> <li>•How do you think Sam's neighbors felt when she helped them?</li> <li>•How do think Sam felt after helping people?</li> <li>•Why is kindness important?</li> </ul>
<b>Create Your Kindness Superpower And Cape</b>	<ul style="list-style-type: none"> <li>•Students participate by brainstorming what they've done to spread kindness and give feedback to others.</li> <li>•Students identify their own kindness superpower and create their superhero cape.</li> </ul>	<ul style="list-style-type: none"> <li>•Paper</li> <li>•crayons/colored pencils</li> <li>•Material for capes (I used donated pillow cases)</li> <li>•Fabric ink or iron ons</li> </ul>	<ul style="list-style-type: none"> <li>What does kindness mean to you?</li> <li>Has someone done something for you recently that made you feel better?</li> <li>What have you done recently to make someone else's life easier?</li> </ul>
<b>Kindness Pledge</b>	Students trace their hands and design their own hand print and attach it to their pledge.	<ul style="list-style-type: none"> <li>•Poster Paper</li> <li>•Printer Paper</li> <li>•crayons/colored pencils</li> <li>•Scissors</li> </ul>	<ul style="list-style-type: none"> <li>•What colors represent you?</li> <li>•What designs represent you?</li> <li>•What designs can you use on your hand print to represent who you are?</li> </ul>
<b>AOK Challenges</b>	<ul style="list-style-type: none"> <li>•Re-read the book and ask students to listen for the Acts of Kindness that Sam completes during her Kindness Patrol.</li> <li>•Have students map their journey from home to school, making note of people they could have helped along the way.</li> <li>•Have sample AOK Challenges on cards around the room. Students circulate to each challenge and add ideas/notes to the ones that interest them.</li> <li>•Students choose one AOK Challenge that they'd like to plan and sit at that table (this may take some teacher moderation to assist them in forming groups).</li> <li>•As a group, students refine the Challenge and make a list of materials they'd need to carry it out. (<i>This process can be done whole-class with younger students.</i>)</li> <li>•Students choose 2-4 AOK Challenges to complete as a class throughout the week</li> </ul>	<ul style="list-style-type: none"> <li>•Book</li> <li>•Printer Paper</li> <li>•Pictures/ summaries of AOK Challenges. (free from <a href="http://kindnesscrusaders.com">kindnesscrusaders.com</a>)</li> <li>•Pens/pencils for students</li> </ul>	<ul style="list-style-type: none"> <li>•Who helps you get to and from school?</li> <li>•Are there any members of the community that make it easier for you to get here each day?</li> </ul>
<b>Ongoing Activities</b>	<ul style="list-style-type: none"> <li>•Kindness Chain -- when students see others completing an Act of Kindness, they recognize the AOK on a slip of paper and add it to the chain.</li> <li>•Kindness Wall -- choose a wall in the classroom. Have paper and tape by the wall so that students can write up and post Acts of Kindness they witness throughout the week.</li> </ul>		
<b>Celebrating</b>	<ul style="list-style-type: none"> <li>•Take pictures and add them to a Kindness Tree</li> <li>•Make an Acts of Kindness Calendar to share/sell</li> <li>•Have an Acts of Kindness assembly at your school to showcase what you did</li> </ul>		