

Health & Wellbeing

KINDNESS

Helping Children grow through
Personal Development, English,
Physical Education & Creative Arts



Grades 5 - 8

MONICA BATISTE

Health & Wellbeing

KINDNESS

This book belongs to

Year



Painting by Monica Batiste

It's COOL to be KIND

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Craft, story, awards, certificates and posters are included in this pack.

Please remember to download all files.

What is Kindness?

Kindness is an act of caring and compassion. When you develop kindness, you will regulate your emotions more effectively and feel happier.

Kindness can be the smallest act or the largest gesture.

Kindness heals relationships, repairs painful experiences, and offers hope.

Kindness and Emotional Intelligence

Emotional Intelligence is knowing how you feel and making positive and healthy choices based on those feelings.

Knowing yourself and how you feel is an important step to looking after you.

There are nine aspects to the emotional intelligences: *Self-esteem, self-awareness, self-regulation, motivation, empathy, resilience, intuition, connection and social-skills*. Knowing how to take care of your emotional health will help you live your best life.

Self-Esteem

Self-esteem is how you feel about yourself. Self-Esteem grows with kindness because kindness makes you feel good about yourself.

High self-esteem means having positive beliefs and expectations about yourself.

Low self-esteem means having negative beliefs and low expectations about yourself.

If you can begin an activity with the confidence of *'I can do this.'* You will grow your self-esteem, and be more likely to succeed.

Low self-esteem is when you say *'I can't do this. I don't believe in myself,'* or *'This is too hard and I am afraid to try.'* Low self-esteem is pushing yourself too hard because *'you must achieve,'* rather than, *'this is what I want.'*

If you experience pain when you make a mistake, you will find it hard to try new things. Building self-esteem helps you try new things and be cool with mistakes.

Mistakes are a normal part of learning. Forgive yourself if you make a mistake, and start again.

Allowing yourself to feel good about who you are, gives you the chance to have fun whilst learning.

Accept yourself when you are learning something new.

Life is easier when you can love and accept yourself, just as you are, right now.

By improving self-talk, your self-esteem and ability to communicate will improve.

Self-Awareness

Self-awareness is knowing how you feel.

With self-awareness you will have the ability to understand your emotions and moods.

With self-awareness you are more likely to know your strengths and limits.

Self-awareness builds lateral thinking, resilience, confidence and self-worth.

The activities in this book will help you understand how you feel through introspection (*how do I feel?*), through movement (*how does this movement make me feel?*), and through action (*doing this makes me feel good*).

Notice your feelings during activities. See if you can name your feelings as they arise.

This will help you grow self-awareness.

Self-regulation

Self-regulation is how you navigate your emotions.

Self-regulation is the art of becoming aware of the various emotions and acting on them in a healthy way.

When you understand how you are feeling, you will be better able to address your feelings.

Accepting yourself just as you are will help you *feel your feelings*, **accept yourself** and have the confidence to try new things.

Motivation

Motivation is when you are excited to do something.

Motivation helps you achieve your goals.

When you are motivated, you have the desire to improve, and do your best.

Motivation will grow when give yourself permission to make mistakes. When you have the confidence to try new things, you will feel motivated.

Motivation encourages optimism.

The best remedy for low motivation is to build confidence and trust in yourself.

Empathy

Empathy is knowing how someone else feels, because you can feel it too.

Empathy is an important emotional intelligence as it prevents teasing, promotes understanding, and creates unity.

When you see that other people feel the same emotions as you, you will develop kindness. When you are kind, you will tune into others, and this will help you grow empathy.

Resilience

Resilience is how you bounce back from a setback.

Resilience is important because it will help you recover from disappointment.

For instance, if you fail an exam you might feel disappointed, but with resilience, you will bounce back and try again.

Loving and accepting yourself is the best way to grow resilience.

Accept yourself just as you are.

You are who you are and you are already perfect at being you.

Love yourself even when you 'get it wrong' and you will bounce back and try again.

Intuition

Intuition is when you have an inner vision that guides you. Intuition is when you know something is right, even though you don't know how you know. Intuition is often called '*gut instinct.*'

Intuition can be physical. Like a feeling of dread when you are thinking about, or doing something, that is **not** right for you, and it's like a happiness that feels **light** when you are thinking about, or doing something, that is **good**, or **right** for you.

As you develop self-awareness you will become aware of what your body is saying to you. When you learn to trust your feelings, your intuition will help guide you to the best choices for you.

Connection

Connection is the bond you have with yourself, your friends, your family and your community.

When you love yourself, connection grows.

Loving yourself isn't about being vain, it's about taking care of your needs in a loving and caring way.

Connection is important because it helps you feel valued, heard and seen.

When you feel connected, you will thrive.

Symptoms of lack of connection are:

1. Loneliness. Being alone isn't loneliness, *feeling* alone is loneliness. Loneliness is when someone feels that '*no-body knows or understands them.*'
The feeling of being alone is loneliness, and is an indicator of disconnection.
2. Pain for no apparent reason
3. Sadness for no apparent reason
4. The inability to express feelings or needs
5. The need to be busy all the time
6. The desire to not need '*anyone*' rather than a healthy independence

Help yourself connect by accepting YOU just as you are.

Connect with Friends

1. Accept friends just as they are
2. Make eye contact and smile
3. Be present with your friend, even if you have nothing to say
4. Listen
5. Share feelings
6. Spend quality time together
7. Share adventures
8. Share common interests

Connect with Yourself

1. Accept yourself, just as you are
2. Be present
3. Walk barefoot on the earth
4. Mindfulness
5. Meditation
6. Listen to yourself and meet your needs



It is through connection that you find your sense of belonging, a sense of purpose and self-esteem. Connection to self, loved ones and community is the antidote to

feeling like an outsider, (*I don't belong*) or unworthy (*not enough*).

Kindness helps you connect because kindness is caring and creates positive bonds with yourself, your peers and your community.

When you are kind, connection grows.

Social-skills

Social-skills are how we relate to one another.

When you have strong social skills, you are adept at communicating your needs.

A strong leader has strong social skills; you will know how to influence, motivate and encourage others, and have the skills to negotiate and resolve conflict.

Social skills helps you get along with people from all walks of life.

Kindness helps you become more sociable, because kindness helps you interact with others in a meaningful way.

Emotional Intelligence

1. What is self-esteem?

2. What is self-regulation?

3. When you are friendly, which emotional intelligence are you growing?

4. If you are excited to do something, what are you feeling?

5. When you know how someone is feeling, what emotional intelligence is that?



Painting by Monica Batiste

FREE TO BE ME

FEELINGS

FEELING your feelings helps you know yourself better



Painting by Monica Batiste

LIONS ROAR

Draw a picture of what HAPPY feels like

Draw a picture of what ANGRY feels like

Draw a picture of what SAD feels like

Draw a picture of what FRIENDSHIP feels like

Kindness for yourself

Kindness is for everyone, *including you*. Kindness towards yourself means taking care of your needs. Eating when you are hungry. Putting on a jumper when you are cold. Going to sleep when you are tired and working towards a wanted goal. Be your own best friend and say nice things to yourself, because you **are** worth it. You **are** doing a great job. You **deserve** kindness, love, and peace.

When you are kind to yourself, you are kind to others. Kindness is being assertive and having the courage to be **your real self**, to stand up for yourself, and to stand up for another. You can be kind to yourself by accepting that you are where you are, and it's okay. You are who you are, and that's okay. By learning to love and accept yourself, just as you are, you will begin loving and accepting other people, just as they are. When friends experience your acceptance, they become kinder to themselves.

Being kind to yourself means choosing friends that respect you.

Kindness for others

Kindness towards others means caring for someone else. When you are kind to your friends, you listen to them without teasing or blaming. Kindness in friendship means playing in a way that helps everyone enjoy the game. It means including everyone that wants to play and being fair. Kindness towards strangers means accepting them even when they look or sound different to yourself. Respect for another persons' feelings is kindness.

Kindness keeps you safe

Kindness doesn't mean being soft or passive. It doesn't mean neglecting yourself or letting anyone be mean to you. Kindness includes respect. If someone is unkind to you, such as a bully, kindness means sticking up for yourself. Kindness means sticking up for someone else if you see them being bullied.

Sticking up for yourself might mean saying, '*Stop!*' or '*Don't do that.*' Kindness could mean speaking to a teacher or a parent to help you stay safe.

Kindness for the planet

Kindness for the environment could be recycling or reusing. Kindness makes positive choices and acts with compassion.

Caring for your pet is kindness. Helping mum and dad is kindness. Showing a friend how to do their sums is helpful, caring, and kind. Doing your best is excellence, and kind to yourself. Believing in yourself is confidence, and kind to you.

Kindness is inside every action that leaves the world a better place.

Every time you are kind, you grow your kindness.

Kindness grows when you decide you are good enough, just as you are.

Kindness

1. What is kindness?

2. How do you practise kindness?

3. When have you witnessed kindness?

4. How have you shown kindness?



Painting by Monica Batiste

Love and accept yourself, just as you are

The Language of Kindness

Language is one of the ways we communicate.

 We can communicate through;

 Words

 Signs

 Body Language

 Art

 Movement

 Music

 Facial Expressions

 The Tone of your Voice

How To Acknowledge Kindness

When a friend is kind to you, say to them *'Thank you for your kindness.'* and use their name. For example, if you have a friend named Fred, and Fred helped you with your homework, you would say *'Thanks for helping me with my homework Fred. That was kind of you.'* Fred will appreciate your acknowledgement, because it will make him feel good to be noticed.

The **Action** was Fred helping you with your homework. The **Virtue** is kindness, and the **name** of your friend helping is Fred.

Acknowledging virtues can have specific impact by using the following strategy.

1. Name the **action**
2. Name the **virtue**
3. Use the person's **name**

Matilda is patting a kitten. You can see how gentle she is. When you tell Matilda that you see her kindness, it will help her know what kindness is.

'I see your gentle touch Matilda, that is kindness.'

The **Action** is gentle, the **Virtue** is kindness, her **name** is Matilda.

Elijah is helping his brother look for his toy.

'Elijah that was kind of you to help your brother find his toy.'

The **Action** is helping, the **Virtue** is kindness, his **name** is Elijah.

Solomon is sharing his soccer ball with you.

'Thank you for sharing your soccer ball Solomon. That is kind.'

The **Action** is sharing, the **Virtue** is kindness, his **name** is Solomon.

When you see someone being kind, name the **Action** the **Virtue** and use their **name**.

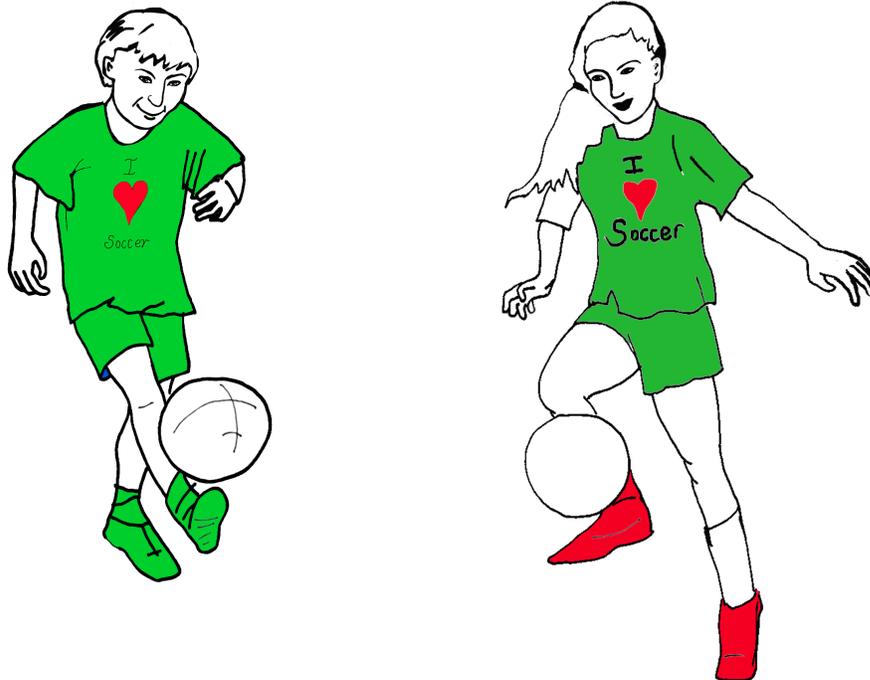


Illustration by Monica Batiste

I Love Soccer

Find the **action**, the **virtue** and the persons' **name** in these sentences.

The first one is done to show you how to do it.

'Thanks for feeding the puppy Gabby, that is being kind.'

Name the action Feeding the puppy

Name the virtue Kindness

Who is demonstrating kindness? Gabby

'Thank you for standing up for me today Jack. That was kind.'

Name the action _____

Name the virtue _____

Who is demonstrating kindness? _____

'I see you making sure your needs are met Harry. You are showing kindness to yourself.'

Name the action	_____
Name the virtue	_____
Who is demonstrating kindness?	_____

'Thanks for taking care of my dog Dylan, I appreciate your kindness.'

Name the action	_____
Name the virtue	_____
Who is demonstrating kindness?	_____

'When you meet your needs Marion, you are being kind to yourself.'

Name the action	_____
Name the virtue	_____
Who is demonstrating kindness?	_____

'When you take some time to care for yourself Camille, you are being kind to you.'

Name the action	_____
Name the virtue	_____
Who is demonstrating kindness?	_____



Photograph by Monica Batiste
Mother and Child

Body Language

Acknowledge Kindness

We recently learned how to use our words to acknowledge kindness by naming the **action**, the **virtue** and by using the person's **name**. Now we are going to add **body language** to show kindness.

When you **look someone in the eyes**, that helps you both feel **connected**. When you **smile at someone**, you let them know that you are **safe** and **friendly**. Your **voice** can demonstrate kindness too, by being **soft** and **gentle**.

Acknowledgments support self-esteem, self-awareness, self-love and self-belief.

Three ways to support kindness in body language;

1. Eye contact
2. Smile
3. Soft and kind voice

Try it. Turn to someone and acknowledge them for something kind. **Smile** when you speak to them, **look** them in the **eye**, and **soften** your **voice**.

What did you say?

How did they respond?

When someone sees your kindness, how did it feel?

Try it one more time. Turn to someone and acknowledge them for something kind. **Smile** when you speak to them, **look** them in the **eye**, and **soften** your **voice**.

What did you say?

How did they respond?

When someone sees your kindness, how did it feel?



Painting by Monica Batiste

We are all the flowers of one garden



Super Hero Bear

Kindness in Action



Super Hero Bear

Random Acts Of Kindness

Random acts of kindness is an opportunity for you to practice kindness. Choose one action a day, and write about what you did, and what happened because of your kindness. Random acts of kindness make the world a better place. If someone wishes to repay you for your kindness, *say thank you*, because you deserve kindness too.

You will be able to discuss your activity during **Acknowledgment time**.

Choose one of the following to do every day;

1. Talk to someone who is lonely
2. Babysit or pet-sit
3. Do some community work
4. Protect children and show them love
5. Help your school

6. Invest in yourself
7. Protect someone who is vulnerable
8. Donate needed items
9. Ask your class 'what do we need' and brainstorm ways to achieve it
10. Help someone without expectations
11. Gift something to a friend
12. Gift something to a stranger
13. Cook a meal for someone
14. Share a meal with someone
15. Say hello to someone new to your community
16. Show kindness to an animal
17. Buy pet food for the animal shelter
18. Send flowers to someone you love
19. Send flowers to someone you forgive
20. Take someone shopping
21. Offer an act of service to someone in need
22. Offer to help someone who is unwell
23. Make lunch for a friend

24. Pay someone a compliment
25. Write an appreciation letter for someone you love
26. Donate food or personal care items to your local homeless shelter
27. Buy items that support fair trade in developing countries
28. Plant a tree
29. Write a letter of support for someone
30. Stand up for yourself
31. Stand up for another
32. Speak the truth in a way which supports self and others
33. Forgive yourself
34. Forgive another
35. Make amends
36. Make peace
37. Share your story
38. Be kind to yourself by;
 - a) *Sharing your real self*
 - b) *Sharing your feelings in a way that demonstrates self responsibility*

- c) *Taking action no matter how you feel*
- d) *Making sure your needs are met*
- e) *Being responsible for your own feelings*
- f) *Letting others be responsible for their own feelings*
- g) *Meditating for a little bit of time everyday, to grow your spirit*

Write about your daily act of kindness in your Journal



Photograph by Monica Batiste

Mikhala and Elijah HUGS

Kindness in Action journal

Date

What I did

What happened?

Kindness in Action journal

Date

What I did

What happened?

Acknowledge Kindness

Acknowledgment time is when your class comes together to talk about your acts of kindness. It is an opportunity for everyone in the class to hear how their kind actions have impacted others.

When someone receives an acknowledgment, they will be given the opportunity to write their name and the word KINDNESS onto a leaf, flower or fruit and paste onto the **Tree of Kindness** or into the **Garden of Happiness**.

Kindness Rewards

Thank you for your kindness

Your teacher or parent will help you print these awards, or you can make your own.

What are we doing?

Creating awards for yourself, your friends and your family.

What do we need?

1. A printer to print the awards, or you can make your own.

How to do it?

1. Cut out each award and paint and decorate them.
2. You can use these award to give to friends and family when you see them being kind.
3. Write the name of your friend or family on the back of each award, and tell them how you saw their kindness.

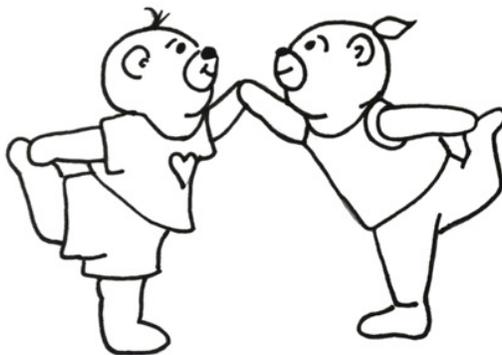
How long will it take?

40 minutes

The largest tree grows from the smallest seed.

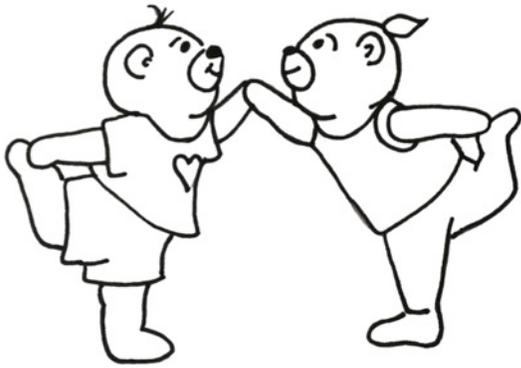
Front

Back

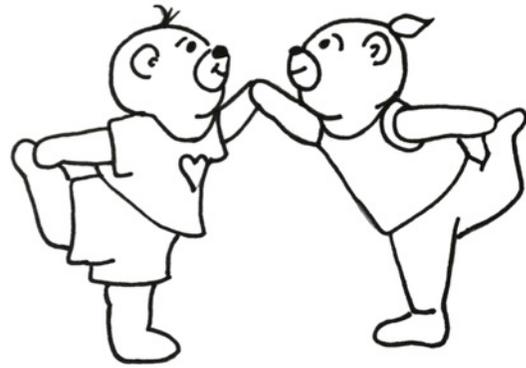


Kindness award

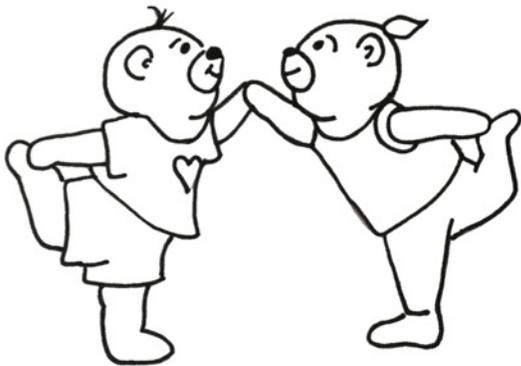
Teresa
Thank you for
sharing your



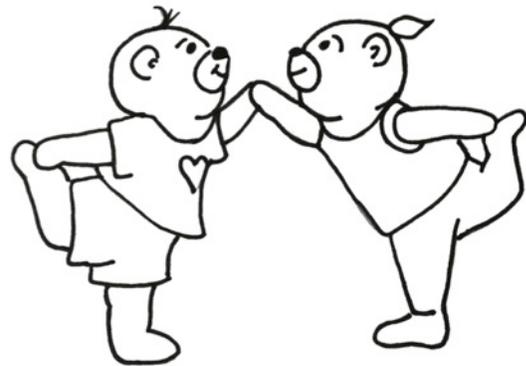
Kindness award



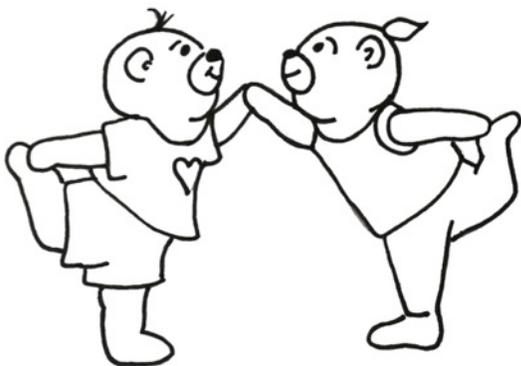
Kindness award



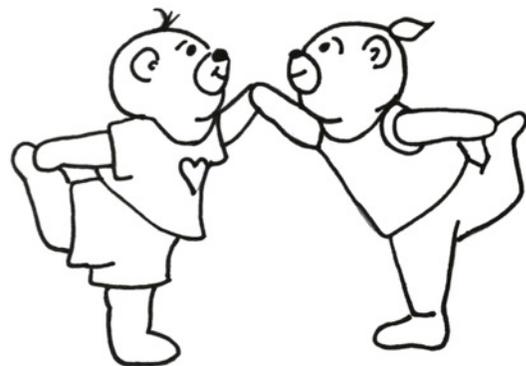
Kindness award



Kindness award



Kindness award



Kindness award

Creative Craft

Kindness

In this activity we are going to create a **Garden of Happiness** and in that garden we will have a **Tree of Kindness** and **Flowers and Fruits of virtues**. When you acknowledge someone for their kindness, you (or they) can write their name and their act of kindness on one of the leaves, fruits or flowers, and place it into the garden.

The Tree of Kindness



Lets create a Garden of Happiness and grow a **Tree of Kindness** and plant **Flowers and Fruits of Virtues**. Throughout the year you can add animals, stars, clouds... or whatever inspires your creativity.

The Tree of Kindness

A teacher or parent will help you do this.

What are we doing?

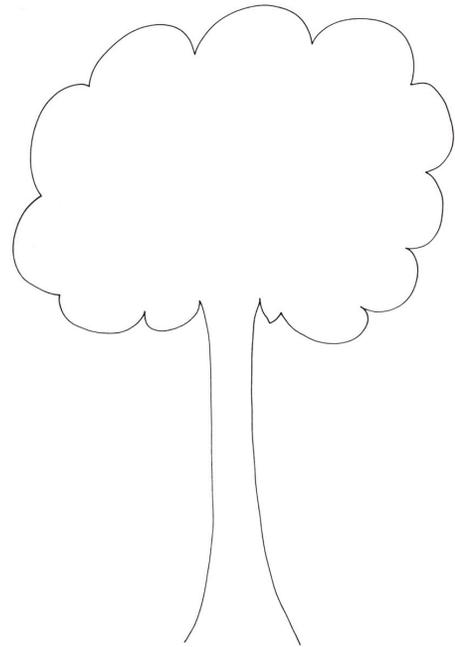
We are creating a tree for the wall.

What do we need?

1. Cardboard
2. Scissors
3. Craft materials and paint

What to do

1. Draw your tree on a strong piece of cardboard.
2. Cut it out and decorate it with paint, pencils or craft materials.
3. Paste it onto the wall.
4. You can also use a real tree with branches in a pot.



*[Download templates
from folders](#)*

Time taken

40 minutes



Painting by Monica Batiste

African Landscape

Flowers and Fruits

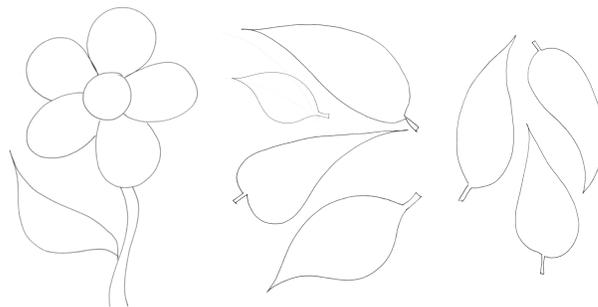
A teacher or parent will help you print these out

What are we doing?

We are cutting out and decorating shapes for our **Tree of Kindness** and our **Garden of Happiness**.

What do we need?

1. A printer to print the shapes from the printables folder, or you can draw your own on paper
2. Scissors
3. Craft materials and paint

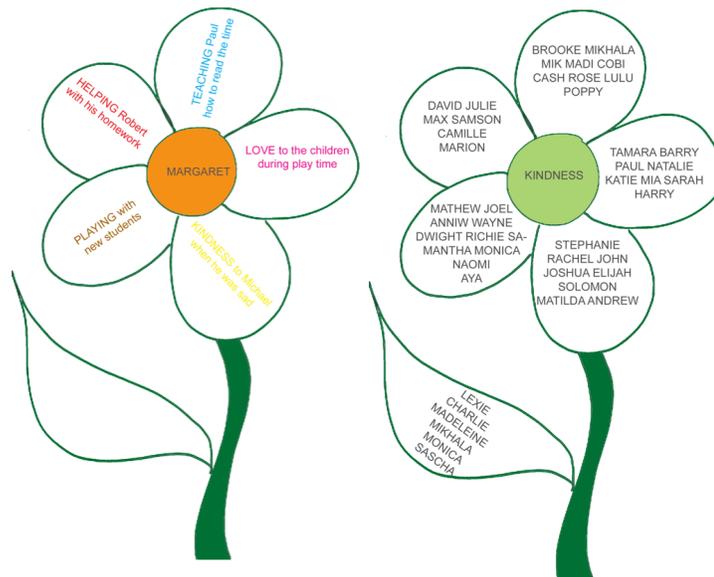


What to do

1. Cut out your shapes
2. Decorate your shapes with paint, pencils or craft materials
3. Place them in a special box called 'Our Box of Virtues.'
4. Every time you witness an act of kindness, you can create an award for them, and they can place it into the garden.

Time taken

40 minutes



Illustrations by Monica Batiste

Samples for Acknowledgments on Kindness

Everyone loves to be acknowledged. Even Big Kids.

You can award your teacher for kindness too.



Illustration by Monica Batiste

Samples for Acknowledging Kindness

Creative Arts

Reading and Writing

Read and Write a story on Kindness

What are we doing?

In this project, we are going to read and write a story about kindness

What do we need?

A story about kindness, pencils, pens and paper or a digital device to write with

Time taken

40 minutes each session. A total of 8 sessions

1. Read a story
2. Review the story you read to help you create a story of your own
3. Write the first draft of your story
4. Write your second draft of your story
5. Re-write and edit
6. Check the spelling and grammar

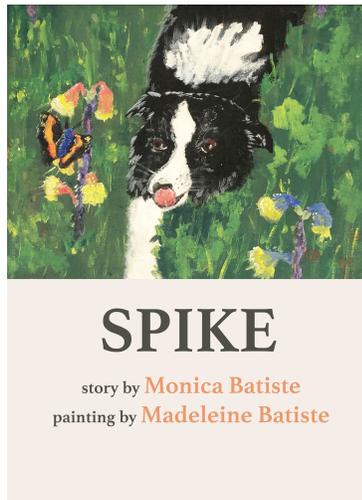
7. Read your story to a friend

8. A summary of your story

Session one

Read a Story

Read a story about kindness. You can read the story in this pack 'Spike' or you can read another story.



Painting by Madeleine Batiste

Spike

Can you name some of the virtues in this story?

Did you notice any kindness in this story? Where?

Write down some of the ideas you have to write your own story.
You can write about anything real or imagined.

Session three

Write and edit your story

You can write your story based on *anything* it could be an experience of kindness you had, or you can create a story based on your imagination.

1. Write your first draft. Even a title will get creativity started. Write it as it flows. Don't edit just yet, as editing can stop your flow. The first draft has lots of mistakes. Don't worry, that is a normal part of writing. You cannot write a perfect story in the first draft. No pressure, just write and write and write. Sometimes the first draft is written over several sessions.

Session four

Write and edit your story

1. Edit your story. Stories have a beginning, a middle, and an end. Read your story out loud and see if there are any parts of your story you want to change.
2. Stories usually include a conflict or a problem to solve. The characters in your story can be whatever you want them to be. They can be children, or you can turn them into animals that talk. You can even make them from another planet. Your story is only limited by your imagination.
3. Does one of your characters have a problem to solve? Show the reader the problem and the characters response to it. Write about how the character resolves their problem to move the story along.

Session five

Write and edit your story

1. Read your story and look for spelling mistakes or grammar. Stories are edited many times before they are finished. Each time you edit you might correct spelling or use a more effective word.
2. Remove redundant words. Redundant words are words that are not needed. For example.. 'it was adequate enough.' In that sentence, the two words mean the same thing. Use the word that best fits the description of your sentence. Another example is 'merge together.' They both mean merge, and they both mean together. Choose one. This may take more than one session. If your story seems to lack 'something,' don't worry. You can always add words back in.

Session six

Write and edit your story

1. Look for the words that describe the story, and see if you can re-write those sentences to make the story 'show' you what is happening rather than 'tell' you what is happening. For example 'James stamped his feet and slammed the door.' Shows how James is feeling. If the author writes 'James is angry.' That is telling the story. Showing the actions of a character reveals feelings and is far more exciting for the reader.
2. Writing is all about the re-write. Every time you read your story, you will find another opportunity to improve it. This part of writing the story will go on until you are satisfied. You read the story and decide 'this sentence needs some action.' And then you read the story again and find a spelling mistake. Keep going until you are satisfied. Your mentor (if you have one) can help you through this.

Session seven

Read your story to a friend

1. When you have finished your story, read it to a friend.
Ask them to tell you what they liked about it, and if there was any way it could improve.
2. Listen to your friends' story. Tell them what you liked about it and suggest some ways for them to improve their story.
3. You can choose to read your story to the class, or to a group of younger children.

Be proud of yourself for writing a story. You are doing really well.

Session eight

About the Story I wrote

Author

Date

What happened in the story? (Analysis)

What was the problem? (Analysis)

What was the solution? (Creative problem solving)

Why do you think this happened? (Creative thinking)

Can you name some of the virtues in this story? (Interpersonal skills)

Where were some of the actions of kindness? (Analysis and intrapersonal skills).

Creative Arts

Illustration

In this project you are going to take the story you wrote on kindness (or another story) and illustrate it.

Illustrate your Story

A parent, teacher or another child who has experience with illustration will help you do this.

What are we doing?

Illustrating your story (or another story) on kindness

What do we need?

1. A story about kindness
2. Paper, board, or a digital device for illustration
3. Paint, pencils or craft materials for collage, or use a digital device for photos or digital illustrations

Time taken

40 minutes each session. A total of 8 sessions

How to do it

www.monicabatiste.com.au

1. Choose the story you want to illustrate and separate some of the text onto different pages
2. Sketch images to go with your story
3. Create your illustrations
4. Create your illustrations
5. Create your illustrations
6. Bind your book
7. Show and tell your story
8. PARTY

Session one

Choose your story

1. Read the story you want to illustrate, and separate it into paragraphs or themes, and place them on different pages. Leave blank pages or spaces for the illustrations.

Traditional children's books are 32 pages, however, you are creatively encouraged to do as many or as few pages as your book requires.

Session two

Sketches for your story

1. Read the separated text and do *thumbnail* or quick sketches to consider what to draw, paint, photograph or other.

Choosing images

How do you know what to draw, paint or photograph?

Illustrations can be a scene from the story, a feeling, or an action. The picture doesn't need to represent the words in the story, but can represent a part of the story that is assumed but not mentioned; like the scenery, the weather, or other characters.

When you have completed quick sketches to give you an idea on what to do for each page (not every page of your story needs a picture, it's your choice), you can start to create your final illustrations for your story-book.

Session three, four and five

Create your illustrations

1. Create your illustrations and allow them to be free from constraints.
Whatever you feel like doing is great. Even one little drawing will brighten up your story.
 - a. You can create on any surface, or in a program on the computer. You can use any medium you like.
 - b. Illustrations can be drawings or paintings or photographs, sculptures or collages.
2. Keep creating your illustrations to your satisfaction. Once you have completed enough illustrations to complete the text, you can create your book.
3. Your story book illustrations can be;
 - a. Glued directly onto the pages that have the text using the original art work
 - b. Photographs of the original art work glued onto pages
 - c. Scanned images from the original art work and pasted into your digital device

Session six

Bind your book

Once you have your images and text ready, you are ready to bind the pages together to turn them into a book. Creating your own book requires some design work and creativity, but it is a well rewarded project. Scanning the images into the computer and turning them into digital images allows you to preserve the original illustrations to use for other projects.

You can bind your book by yourself, or use an office printer.

1. A graphic designer or office printer will be able to scan or photograph your illustrations, save them as a file (usually jpeg), and insert them straight into a word document (or other) to create your book. Your local printing office can print the digital text and images and spiral bind the book for you.
2. You can photocopy the images and use the photocopied images to paste onto A4 pages. Bring the A4 pages together and staple the edges to create a book. If your book is A5 (folded A4 pages), you can use a long staple to staple the middle of the pages together.
3. For something more sophisticated you can use a needle and thread to sew the middle of your book together.
4. A graphic designer can make this look very beautiful, but even with some limited editing in Word, you will be able to have images alongside text.
5. If you have scanned images on pages alongside or opposite text in a word document, you can save them as a PDF and print your book as many times as you like to share with family and friends.

Session seven

Show and tell your story. Read your book to another class or to a friend. Show them your pictures and at the end, let your audience ask you some questions about your book.

Session eight.

BOOK PARTY!

Once your book is complete, have a book launch and a party.

Congratulations!

Creative Arts

Dramatic Role-Play

Create A Dramatic Play

In this project we are going to take a story on kindness and turn it into a drama or a play.

What do we need?

A book or a story on kindness. You can use one of your stories or another story or book.

Time taken

40 minutes each session. A total of 10 sessions

How to do it

1. Select a story about kindness. A simple story of three or four paragraphs can work perfectly. If you are stuck for a story – use a nursery rhyme.
2. Details for your Play
3. Separate the story into dialogue and scenes.
4. Choose the roles for your play, and select a child for each role
5. Children work on their role in the play

6. Practice
7. Practice
8. Practice
9. Practice and rehearse
10. PERFORMANCE

Session one

Choose your story

1. Select a story about kindness. A simple story of three or four paragraphs can work perfectly. If you are stuck for a story – use a nursery rhyme.

Session two

Details for your Play

1. What is the theme for our play?
2. What is the name our play?
3. Where is the play set (location)?
4. Who are characters and what are their names (if needed)?
5. What are the props in the story?

Session three

Separate the story into dialogue and scenes

1. Choose your play-writer (usually the teacher or an older child) and separate the story into scenes and dialogue.

Page one describes the first scene in your play. It will set the theme for the audience on what kind of story they are about to witness.

2. Describe your scene, and include a thumbnail sketch to help the director and characters know what is happening.
3. Include the names of the characters and their lines (if any).
4. What are the characters doing and saying? Write it as dialogue.

For example;

It is a windy day. (Character one) is sitting on a stool eating a snack. They notice someone, or something, come by.

Character one *“This is what I want to say”* (Describe the body language and facial expression), a thumbnail sketch will help the actor / actress know what to do.

Character two *“This is what I want to say back to you.”* (Describe the body language or facial expression).

Repeat this for each page. Each page will describe the scene, characters, dialogue and body language. Include background people and thumbnail sketches.

Session four

Select children for each role in the play

Select children for each role in the play. You will need;

1. An assistant to the play-writer to help re-write or change any scenes that might occur during rehearsals.
2. Director to remind everyone of their role and to guide the acting in the play
3. A directors assistant to make sure everyone has their lines and parts to play
4. Actors and actresses for each character in the story
5. Clothes designer (clothes can be from home or repurposed)
6. A prop designer to set the scene (props can be from home or repurposed)
7. Artists to paint props
8. Carpenters to build props
9. An administrator to organize the play

Session five

Give children their role in the play

Once children have their role they practice and rehearse and learn their lines and roles.

Session six, seven and eight

Practise Practise Practise

Session nine

Dress Rehearsal in front of a small audience

Session 10

The BIG PERFORMANCE!

Congratulations!

Creative Arts

Music

Write a Song

What are we doing?

Writing a song about kindness

What do we need?

A nursery rhyme for the tune

Time taken

40 minutes each session. A total of 2 sessions

What to do

1. Select a nursery rhyme and begin creating your song
2. Sing and edit your song

Session one

Select a nursery rhyme

1. Form groups of about 4 children.
2. Choose a nursery rhyme, and use that tune to create your own song about kindness. Writing a song is a little like poetry. As you write your words, see how they fit into the tune. You will need to consider the syllables in the words to match the tune.
3. Put the words to the tune

Session two

Improve your song and sing it to the class

1. Sing your song to the class (or to one friend)

Don't worry about how you sound, all that matters is that you give it a go.

Here is a song about kindness sung the tune of *Twinkle Twinkle*

Kindness Kindness

Monica Batiste

Kindness Kindness I see you

Here with all my friends at school

Shining brightly in my heart

Inside love we never part

Kindness Kindness I see you

Happy, Shiny, Loving, True

Can you find Kindness?

1. In a song?

2. In a movie?

3. In your friend?

4. In you?

Physical Exercise

Embody Kindness

In this project we are going to move our body to feel more confident and kind. Your body language will tell you a lot about how you are feeling.

Notice how your body moves depending on how you feel.

Your body is affected by your feelings, **and** your feelings are affected by your body. If you put your body into a sad posture, pretty soon you'll be feeling sad. If you put your body into a happy posture (even if you are not feeling happy), then soon your emotions will shift and you will feel better.

In this chapter we are going to put your body into KIND postures to help your body experience gentleness, kindness, empathy, and confidence. They are also FUN.

The following postures are based on yoga, and if you follow more of the books in this series, you will get to experience lots of postures to help your body grow in confidence, happiness, flexibility and strength.

What do we need?

Yourself

Time taken

These movements take about 5 minutes each. Use when needed. Stretch and move before an activity, after meal times or to focus and settle into learning

activities.

Embodying Kindness

Helping your body;

1. Move with confidence
2. Connect between your heart and mind
3. Become self-aware
4. Love yourself
5. Be you

Helping you become self-aware by understanding that your *body* is a reflection of your *mind*.

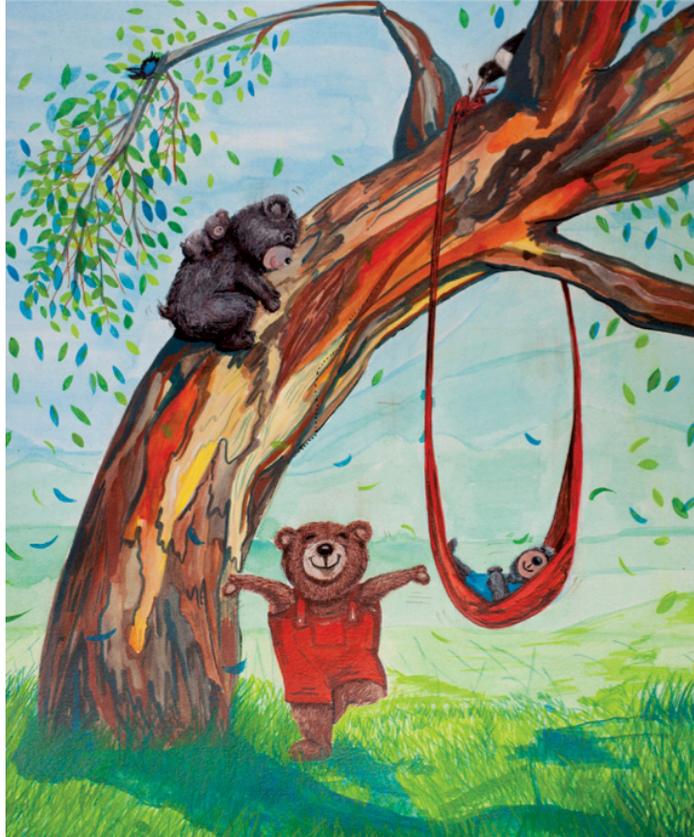
When you are sad, you will see that your posture changes. Act sad, and notice the change in your body. When you are happy, you will see that your posture changes. Act happy, and notice how different your body moves.

Our kindness posture is *Gum Tree pose*. In this posture, you pretend you are a tree, and you stand like a tree. You can even sway your branches in the wind.

Gum Tree pose

Growing kindness for the environment by creating empathy. *Gum Tree* posture supports your ability to build empathy by encouraging you to imagine you are a tree. *Gum Tree pose* builds strength, balance, and focus. When you imagine you *are* the tree, you will grow empathy and caring for trees. Connection supports our sense of belonging, care, trust, and self-esteem.

Gum Tree pose



Painting by Monica Batiste
Gum Tree Bear



Mountain Pose



Option 1



Option 2

How to do Gum Tree pose

Start in *Mountain Pose*. Lengthen spine, tuck in tailbone, and relax shoulders. Keep core strong and stay focused on one spot to help with balance. Breathe deeply. Stand on one leg and rest the other foot in front (option 1), or (option 2), take the foot onto the inside of the leg like a stork (above or below the knee).

Breathe in and open arms to make a circle, and bring hands together in prayer position in front of the heart.

Take another deep breath and raise hands up to the sky you can say...

'Imagine you are a beautiful tree, grounded to the earth and as high as the sky' place your hands to the heart and take another breath. Grow into a beautiful tree as you grow up to the sky. Open your arms and pretend they are branches. Sway in the wind... side to side... around your trunk... I see your flexibility, and strength. What kind of tree are you? Can you visualise green leaves and strong branches? Are there any animals living in your tree? Can you see any birds? Or children?'

Acknowledge yourself and your friends for the virtues you see and how you saw them. *For example;*

'Christopher I saw how gentle you were with the parrot that landed on your branch.'

'Amy I saw your imagination when you touched the clouds.'

'Paulus I saw your creativity when you extended your branches.'

After a minute or so, changes sides and be a *Gum Tree* on the other leg.

Benefits of Gum Tree pose

Gum Tree helps you stay focused and calm. It improves co-ordination, core strength and balance. Practice *Gum Tree* when you feel scattered or anxious and need to re-focus. This is a challenging and fun exercise to boost self-esteem.

Gum Tree pose promotes imagination, body awareness, kinesthetic intelligence, naturalistic intelligence, and spatial awareness.

Virtues Developed

Kindness, empathy, Focus, clarity, mindfulness, imagination, groundedness.

When to do Gum Tree pose

When you feel stressed, *Gum Tree pose* is perfect.

You need to stay focused in *Gum Tree* to find balance. Focus helps you become present and release anxiety.

The deep breaths and connection to the earth in *Gum Tree* will bring you ‘*back to earth*’ and switch on your *peaceful response*.

When you are emotionally present, mindful, and grounded, you will be able to focus on the task at hand, and become more aware of what is going on around you.



Painting by Monica Batiste

Tree of Life

Constellation of Stars

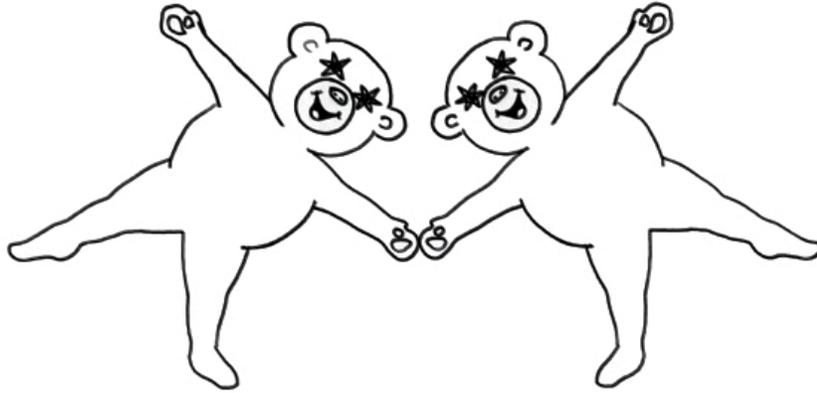
Constellation of Stars is a posture to support teamwork, friendship, strength and balance. When you need to connect and belong, Constellation of Stars can help that happen. This posture can be experienced by yourself, or with a friend, or in a group.

Try bringing your whole class together as a series of stars.



Painting by Monica Batiste

Constellation of Stars



Loving, happy, smiley friends, joyful laughing never ends

Constellation of Stars

Balance, core strength and teamwork.

Virtues Developed

Friendship, trust, balance, confidence and joy.

How to do Constellation of Stars

Stand with a friend at arms length apart, support your friend's balance and hold hands. Slowly lift outer leg, support your friend's balance. Hold up outer arm and make the shape of a star.



Painting by Monica Batiste

Ballet Bear

This concludes our Kindness bundle.

Thank you for joining in. We hope you enjoyed these activities and we hope to see you soon.

Your **kindness** creates a ripple across the universe and make the world a better place.

Monica

Please remember to download your posters, cards, drawings, book, certificates

and awards from your folder.



Photograph by Gabriela Batiste

Monica in Berlin with a Bear of Friendship

About Monica

Author, artist and yoga teacher. Monica has worked in the health and fitness industry for over 30 years. For the past 10 years her focus has been on developing emotional intelligence through creativity, personal development and yoga.

Monica teaches yoga at Suttons beach, north Brisbane, Australia. She offers professional development for teachers on how to bring movement into the classroom to support learning and to help children feel calm and settle more easily.

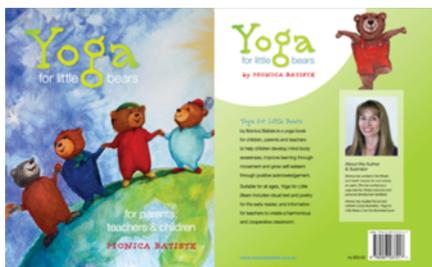
Monica has studied education, creative writing, illustration and the fine arts. She brings a unique blend of originality to her work. Her mission is to support parents, teachers and children to grow their emotional intelligence to live their best lives.

Monica lives with her husband Andreas and between them they have four beautiful daughters and seven awesome grandchildren.

www.monicabatiste.com.au

Books and Stories by Monica Batiste

Yoga for Little Bears hardcopy and eBook



Yoga for little Bears helps children grow emotional intelligence by helping them link movement with emotions. This book illustrated yoga postures and their benefits. It has text for teachers, text for children who can read (a poem) and text for early readers (visual

text).

Yoga Bear posture cards (2018) hardcopy and eBook

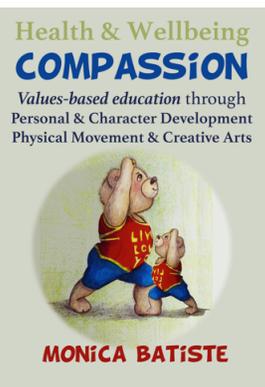
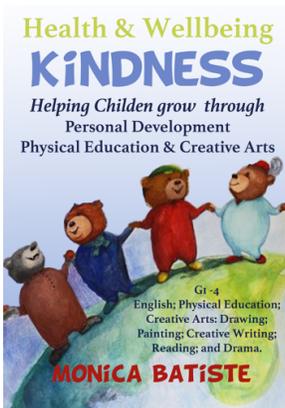


Yoga Bear posture cards are perfect for children to play with and enjoy. Yoga Bear is on one side to demonstrate the posture, with text and illustrations on the reverse side for

details and benefits. A wonderful addition for your yoga practice.

Health and Wellbeing series eBooks

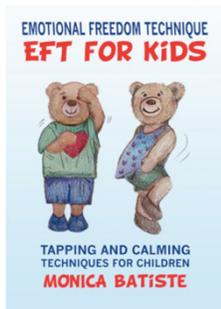
Series is currently under construction. Stay tuned for new publications.



Helping children grow Character through; Personal Development, Positive Acknowledgment, Physical Development, and the Creative Arts, using a different virtue for

each theme.

Emotional Freedom Technique (EFT) for Kids eBook



EFT is a simple tapping technique to clear stress from the brain and body. Based on acupuncture points, tapping can help your child discharge negative or blocked feelings to make room for resolving feelings and releasing learning blocks.

This book teaches you how to tap for **yourself**, how to tap **for your child** as a proxy, how to tap **with your child**, and how to **teach your child** to tap.

EFT tapping provides relief for almost any issue and helps children calm and settle more easily. *Tapping can be used for emotional or physical pain.*

EFT for Kids includes posters for tapping, finger tapping, eye movements, plus many techniques you can add to your tapping for deeper results.

How to Love Myself, Just as I am eBook

love your dragon



monica batiste

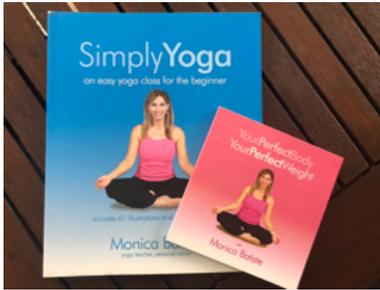
Simply Yoga eBook and Your Perfect Body eBook



Simply Yoga is based on Monica's beginner yoga class. With 61 illustrations, you will be guided through simple

postures to help you improve in health and relaxation. Simply Yoga is sold out in hard copy but is available as an eBook.

Your Perfect Body, Your Perfect Weight (2011)

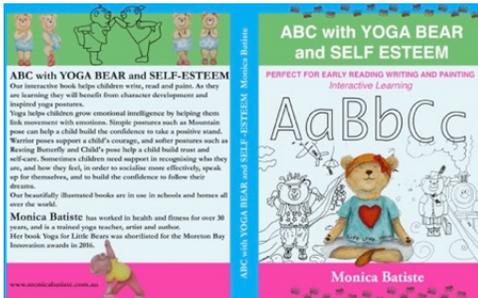


This meditation CD starts with a 25-minute meditation to train your conscious and subconscious mind to love eating healthy food (whatever that means for you) and to enjoy exercise (which is unique to you). You will relax deeply during this meditation, learn to appreciate your

beautiful body, and allow you to find your perfect health, shape, and freedom. This CD includes two bonus meditations *Heal Your Body colour meditation* (25 minutes); and *Inner Peace* (10 minutes), a shorter meditation for power naps.

Available for free from the Author's website

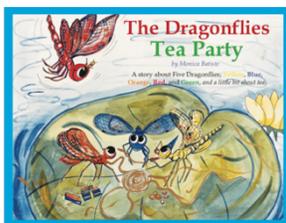
ABC with Yoga Bear and Grow your Self-Esteem eBook



An interactive guide for children to read, write and paint. *ABC with Yoga Bear* includes the alphabet, lines for writing, two pages with illustrations for paints or pencils and a yoga posture with an affirmation.

Perfect for early readers. Original illustrations.

The Dragonflies Tea Party eBook

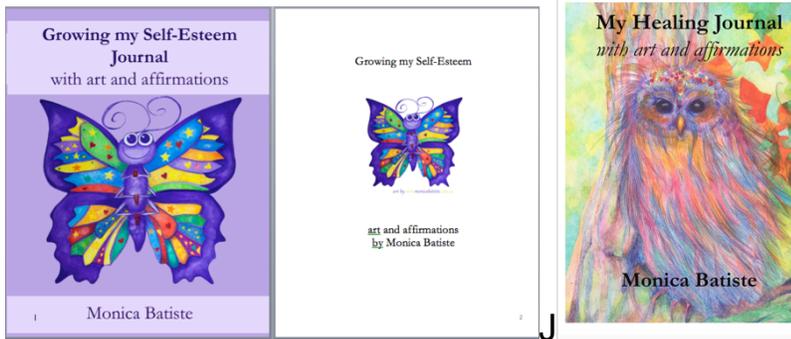


Early reading and counting for ages one to five.

Recognition of red, orange, yellow, green and blue.

One, two, three, four and five.

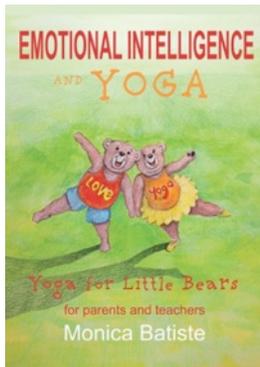
Journals



Lined journals for growing self-esteem and healing. Includes art and affirmations.

Free resources

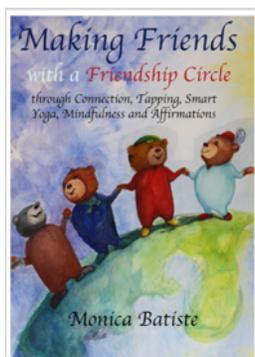
Emotional Intelligence and Yoga eBook



Emotional Intelligence is the capacity to recognise your emotions, to have the ability to make healthy choices based on those emotions, and the resilience and intelligence to keep growing in a positive way.

Yoga is a combination of postures and lifestyle. Each posture in yoga is designed to support the emotional connection to self and others.

The Friendship Circle eBook

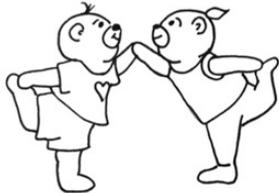


The Friendship Circle is a short and simple activity to help set the groundwork for connection and self-esteem. Use the *Friendship*

www.monica-batiste.com.au

Circle however you like, as often as you like, and add your own magic touches. The *Friendship Circle* uses connection, yoga, EFT, and affirmations. It will take from 5-10 minutes, and you can use the various activities it incorporates, sprinkled throughout the day.

Kindness Rewards



Kindness award

Free resources available from www.monicabatiste.com.au and from Monica Batiste on teacherspayteachers.com

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For educators and children: educational; fitness; motivation; personal development.

For educators in the home and classroom. All illustrations are created by Monica Batiste and may not be sold, copied, or shared except for inside this resource and keeping the appropriate acknowledgments.

Categories: Health and Fitness; Personal development; Creative Arts. This resource can be adapted for all grades

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Kindness is dedicated to **Mikhala Rose Batiste** and her wife **Cobi Batiste** for the love and devotion they have shown to Rescue dog **Rose**, and Puglet **Ca\$h**.



Painting by Monica Batiste
Rose the Rescue Dog



Photograph by Monica Batiste
Ca\$h at Yoga