

Teaching Kindness Skills

Step 1: Identify the desired behaviors and describe it in observable, measurable terms.

Be friendly: Quietly greet other people in the mornings and say goodbyes before going home.

Reach out: When appropriate, ask students who don't have friends in your class how they are or about their interests.

Offer help: Offer to help students who drop something or have difficulty.

Show appreciation: Thank or compliment others for the nice things they have done.

Step 2: List a rationale for teaching the behavior (Why is it important?)

All of the behaviors specified above contribute to student well-being, reduce conflict, and create a positive social environment. Students will be more likely to enter or leave a classroom in a calm and in a positive mood.

Step 3: Identify examples and non-examples of the desired behavior (What would the behavior look/sound like? What would the behavior not look/sound like?)

Examples	Non-examples
<u>Be Friendly</u> : Greet and smile at other students. Look at and use another student's name, when you say hello in a cheerful voice.	Ignoring most other students before school starts or at the end of the day
<u>Reach out</u> : Ask students who are excluded or discriminated against how they are doing or if they did anything fun over the weekend. Answer someone you don't usually talk with when they talk with you. Look for another student who is not your usual friend and who many need a friendly person to talk to. Purposefully walk with someone you don't know well and find a common interest.	Only talking with your friends. Ignoring another student who says hello to you.
<u>Offer Help</u> : Pick up something someone has dropped or offer help with something else they need.	Not offering to help when someone needs help.
<u>Show Appreciation</u> : Thank someone for helping you or others, compliment someone on something they have or did.	Don't show appreciation when someone helps you or someone else.

Step 4: Practice/Role Play Activities

Model expected behavior (I do): Include school staff when appropriate

- Greeting and saying goodbye to students and staff

- Asking others how they are or what they did that was fun.
- Offering to help o.
- Reaching out to students who are ignored or excluded
- Thanking someone for asking how you are or for helping you.

Lead students through behavior (We do):

- Have students practice coming into school with their supplies:
 - Greeting others and quiet social talking
 - Offering to help others
 - Including others
 - Thanking others for their help
- Have students practice getting ready to go home and leaving the classroom.
 - Say goodbye to others
 - Offering to help others
 - Including others
 - Thanking and complimenting others

Test to ensure students understand behavior (You do): Call on individual students to model the following behaviors.

Discussion Prompt: What’s a friendly way to start a conversation with a new person?

Starting and participating in a short conversation with someone with whom they don’t usually talk.

Offering help.

Discussion Prompt: Specific thanks and compliments are kind. What is a specific way you can thank someone?

Thanking and complimenting others

Step 5: Provide opportunities for practice

Create multiple opportunities for students to practice kind behaviors as they come into school and the classroom as well as when they leave the classroom. Offer specific praise when children engage in kindness behaviors.