



# Video Lesson Plan

Color Your World with Kindness

## Themes

- Encourage Others
- Acts of Kindness
- Sharing & Helping
- Happiness & Joy
- Preventing Bullying
- Pay-It-Forward



[www.theNEDshows.com/kindness](http://www.theNEDshows.com/kindness)

Is it possible to Color Your World with Kindness? This delightful, two-minute animated video by “A Better World” demonstrates that small acts of kindness can indeed change feelings and attitudes of others the whole world ‘round!

Animated video: ©2013 by A Better World  
Learn more about A Better World at [www.ABetterWorld.com](http://www.ABetterWorld.com)

## Discussion Starters

1. Recall the four events that kept kindness going in the video.



2. Describe how each kind act impacted the recipient.

*Answers with vary. Stopped crying, went from sad to happy, smiles, gained confidence, heartwarming, less grumpy, contented, polite, joyful, etc.*

3. Why do you think the video was titled “Color Your World with Kindness”? When color was added to the video – what feelings were conveyed?

*Answers will vary.*

4. Have you ever had someone do a kind act like this for you? How did you feel when someone did something unexpectedly kind for you?

*Allow students to share similar stories.*

5. How does it feel when someone is unkind to you? How does it feel when you are unkind to someone? What do you gain by saying and doing unkind things?

*Answers will vary.*



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6. Describe the relationship between the person who acts kindly and the person who receives kindness, from each scenario in the video.

*The boy and girl were probably students at same school and knew each other – they were sitting next to each other at lunch. Others did not seem to even know each other.*

7. Should we only be kind to kids we know? Why or why not? How could it help make our school a safer place if more kids were kind to others? Teacher Note: Be prepared to discuss “stranger danger” and only doing acts of kindness to strangers in the presence of a safe adult.

8. Should we be kind to kids at school who are unkind to us? What about being kind to a bully?

9. What might happen if everyone was kind to the school bully? Do you believe that kindness has the power to change how a bully feels and acts?

## Activities

### More than Nice!

Brainstorm a list of positive, “feel good” words appropriate for the age of your students. Create a class word chart so that students have multiple word choices to use when talking and writing about positive feelings. Suggest older students create their own wordle (see the free word cloud generator at [www.wordle.net](http://www.wordle.net)).

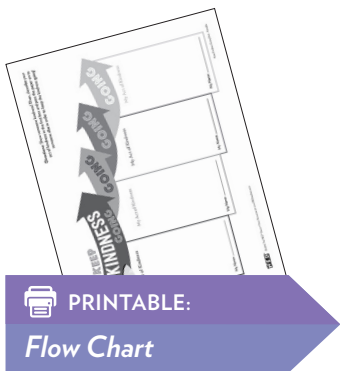
### Pay It Forward

What can you do to keep kindness going? Kindness has the power to change how people feel, think, and treat others. Try being kind to someone who has been unkind to you and see where it goes. Record each act on the printable provided.

### Additional Bullying Prevention Support

Have a discussion with your students about NEVER GIVING UP on helping their school to be safe. ENCOURAGE them to be Upstanders when they see unkind acts and DO THEIR BEST to be kind to all kids - even a bully. Could a simple act of kindness have an impact on how a bully thinks, speaks, and acts? What if all kids in the school were kind to the bully?

For more support - Use NED's Preventing Bullying video and lesson plans at [www.theNEDshows.com/bullying](http://www.theNEDshows.com/bullying).



PRINTABLE:  
Flow Chart

Additional Resources

### For more info...

A Better World website:  
[ABetterWorld.com](http://ABetterWorld.com)

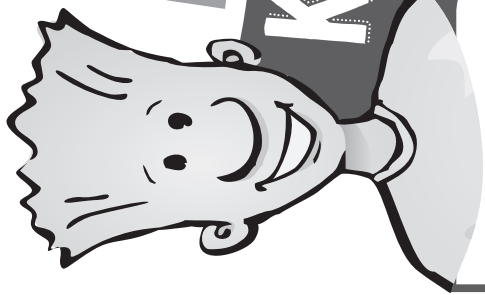
### Create a Kindness Day at Your School!

Check out all the activities, available at [www.theNEDshows.com/kindness](http://www.theNEDshows.com/kindness), for creating an all-school celebration of kindness at your school! Daily announcements, a poster, a bulletin board kit, kindness cards and more can help kick start a Kindness Day!



### Kindness Button

Did you know you can purchase NED's kindness buttons for your class? Visit [www.ShopNED.com](http://www.ShopNED.com). Use them as a reward or incentive to encourage your students as they pay kindness forward!



**KEEP  
KINDNESS  
GOING**

**Directions:** Show someone kindness! Then, describe your act of kindness in the first box and pass the paper on to someone else in order to keep the kindness going!

My Act of Kindness

My Name: \_\_\_\_\_

My Act of Kindness

My Name: \_\_\_\_\_

My Act of Kindness

My Name: \_\_\_\_\_

My Act of Kindness

My Name: \_\_\_\_\_