

OpenView Education

TRAINING THROUGH THEATRE

Anti-Bullying

Lesson Plan

Cards of Kindness (KS2)



Introduction

If your students took part in an OpenView Education workshop or performance, start by reviewing what your students have learnt.

Ask your students...

- ★ What was one thing that you learnt from the workshop today?
- ★ How could you use what you learnt in the workshop?
- ★ If you see conflict or bullying happening, how could you use kindness to help make things better?

Cards of Kindness Activity

Explain to your students that today's lesson is all about the power of kindness and how we can use kindness to make our school an even better place and stop bullying from happening.

To help introduce this idea, show the Anti-Bullying Alliance's One Kind Word call to action on the PowerPoint. Have your students take turns reading a sentence each, or read it out for them:

'In a world that can sometimes feel like it's filled with negativity, one kind word can provide a moment of hope.

One kind word can change someone's perspective.

One kind word can brighten someone's day. Through kindness we can break the cycle of bullying.

Best of all, one kind word leads to another. Kindness fuels kindness.'

Discuss the final sentence of the call to action with your students. Questions to ask your students:

- ★ What do you think this last sentence means? - *Best of all, one kind word leads to another. Kindness fuels kindness.'*
- ★ How do you think one act of kindness could lead to another?
- ★ How does it make us feel when someone treats us in a kind way?
- ★ How can we use kindness to brighten someone's day?

After your discussion, explain that each student is going to create a Card of Kindness. The Cards of Kindness can be addressed to another class, teacher or staff member in the school with the aim of saying thank you, and brightening their day with kindness.

Help your students in choosing who to write their Card of Kindness to. Remind your students that you are working as a team to spread kindness through your whole school, so each student could address their card to a different person.

Students can use the Card of Kindness template at the end of this document to write their letter then decorate it. These can then be presented to the recipient during an assembly, or at a time that works best for your school's timetable.

To help your students get started with writing the letters, you can use the following prompt sentences:

I wanted to write you a letter to say thank you for...

And

I am so happy that you are at my school because...

Once all of the cards have been delivered, they can be used to create a One Kind Word Wall Display for your school.

