




# Healthy Heads Lesson Plan

## Kindness - Year 1/2

- Our Aim:**
- I can recognise how to be kind to others
  - I can show kindness to another person
  - I can practice being kind when playing games

<b>Lesson Topic:</b> Kindness	
<b>Age:</b> Year 1/2	<b>Duration:</b> 1 hour - 30 min classroom + 30 practical
<b>Links to PSHE curriculum:</b> <ul style="list-style-type: none"><li>- About what kind and unkind means</li><li>- About what it means to give support</li></ul>	<b>Notes on the class:</b> <p>Gain overview of class - discussion with teacher.</p> <p>SEND    Medical    Behaviour    Other</p>
<b>Resources</b> <p><b>Theory:</b> kindness presentation, paper</p> <p><b>Practical:</b> cones, beanbags, dodgeballs</p>	
Organisation/Diagrams	Teaching Points/Questions
<p><b>Theory</b></p> <p><u>Introduction</u></p>  <p><u>Story</u></p> 	<p>Introduce topic</p> <p>Set classroom expectations</p> <p>Share learning objective</p> <p>Read: The Sweet Witch</p> <p>BEGIN STORY HERE</p>



In memory of her spell, from that day onwards, she was known as the Sweet Witch.

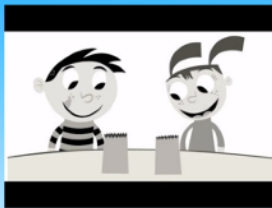


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Ask: 3-5 Key questions

Examples of good key questions:

- What is the opposite to kind? (unkind)
- Who was unkind and how did they show it?
- Who was kind and how did they show it?
- What did the story teach you?



<https://www.youtube.com/watch?v=rweIE8yyYOU>

Play video as shown on slide.

Ask: Did you spot an act of kindness in the video?

Examples of correct answers:

- Boy giving the girl an apple
- The girl returning the mans money
- The man helping the lady with her luggage
- The lady making the baby laugh

### Task 1

Handout: paper



Draw around your hand on a piece of paper and put your name on



Swap your drawing with a partner

Can you write something kind to that other person?

Share task 1 as shown on the slide.

Children must draw around their hand on a piece of paper and then swap their piece of paper with a child next to them. Can they write something KIND and THOUGHTFUL about the other person?

### Conclusion



#### What's important?

That we are kind to people as often as we can be

and..

If you give your kindness to others, it will always come back around to you

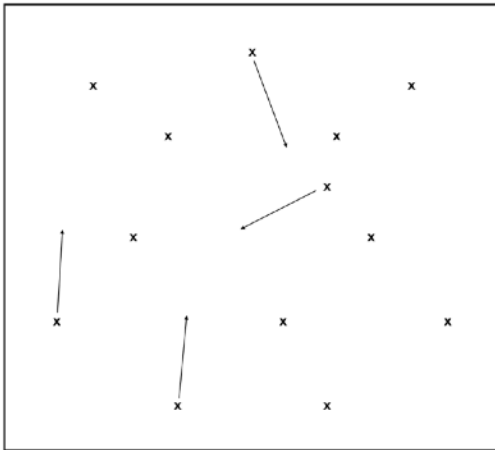


Share conclusions as shown on the slide.

Prepare children for practical. Emphasise that children will practise and discuss resilience during the practical.

## Practical

### Activity 1 - Drive your car



Key: Children - x

Children must move around the area like a car with a beanbag in their hands (the steering wheel) and follow prompts from the teacher. Initially, they'll progress through the different gears on a car as follows: 1st gear = slow walk, 2nd gear = fast walk, 3rd gear = slow jog, 4th gear = fast jog, 5th gear = sprint

Progression 1 - 'Flat tyre'. Children must swap their beanbag with a partner by handing it to them.

Progression 2 - 'Speed bump'. Children must do lots of little throws and catches with their beanbag. Encourage children to catch with two hands, one hand, swap throwing and catching hands.

Progression 3 - 'Roundabout'. Children must find a partner and take it in turns to walk around the other person i.e. 'going round the roundabout'.

Progression 4 - 'Super flat tyre'. Children must find a partner to swap their beanbag with, but they must throw the beanbag to each other at the same time.

#### **Teaching points:**

**Ask:** How can you show kindness during this activity?

Examples of correct answers:

- Say please and thank you when swapping beanbags
- Let their partner go first when completing the roundabout
- If someone wants to be your partner, let them
- Help people who are struggling to find a partner
- Complete a gentle throw to their partner during 'Super flat tyre'.

## Conclusion

Remind children of learning and share rewards i.e Dojos.