

Kindness Club

Ms. Hines

Mondays, 3-4pm

Kindness Club will be a weekly meeting where students plan and execute missions that bring positivity to people in their school, families, and community. Each meeting has a different theme (Kind to Ourselves, Kind to Our Teachers, etc.), a different craft, and a new mission!

During each meeting, students will lift one another up by bucket-filling and sharing some laughs while we craft and plan our kindness missions.

KC members will be a part of a secret Seesaw group (like a social media group, but monitored by a teacher and private via student Google accounts). During the week, they can spread kindness and positivity to one another by posting videos/photos showing their kindness mission progress OR by posting uplifting messages!

Materials: The maximum total cost of materials for this club will be **\$75 per student**, as long as students have access to coloring materials (i.e. [markers](#), [crayons](#), [pencils](#)), [scissors](#), and [glue](#) at home. If not, the additional cost would likely be around \$20. I linked to some construction [paper](#) below at a great price. That can be used for multiple crafts.

Meeting #	Meeting Date	Meeting Plan	Materials needed
1	Mar 31	Kind to Ourselves: Students will introduce themselves to one another by talking about the things they love about themselves. To do so, students will create a collage of their positive attributes and affirmations around a photo (of the student). They will frame the collage for their bedroom so they can remember to show kindness to themselves each day. Possible text: I Promise , Mission: Start EVERY day this week by saying three affirmations out loud.	8x10 Picture frame (*Student's choice for color of frame*) Paper Picture of student Total: <\$30
2	Apr 7	Kind to Our Friends: Students will show kindness to a friend	Embroidery floss Total: \$5

		<p>by creating a friendship bracelet and planning a heartfelt compliment. You can choose more than one friend to compliment and give a bracelet to!</p> <p>Mission: Deliver your bracelet(s) and compliment(s).</p>	
3	Apr 14	<p>Kind to Our Family: We spend lots of time with our family, and they do a lot for us. We can show them kindness and appreciation in many ways! Today, we'll make a sweet treat that you and your family can enjoy: No-Bake S'mores Cookies! You just need a few things from the grocery store and a few items from the kitchen.</p> <p>Mission: Call a family member you haven't spoken to in a while-- just because! Tell them you miss them and ask how they're doing. Make sure you really listen... Then do a chore in your house without being asked to do it.</p> <p>The recipe for today involves no cooking, just some melting in the microwave, some stirring, and some refrigeration. <i>**Please check the ingredients for anything that might be unsuitable for your child's allergies**</i></p>	<p>From grocery store: 2 cups milk chocolate chips</p> <p>3 cups Golden Grahams cereal</p> <p>4 cups mini marshmallows divided</p> <p>1/2 cup mini semisweet chocolate chips</p> <p>Total: ~\$12-15</p> <p>From home: Microwave and fridge Big bowl Big wooden spoon Parchment paper</p>
4	Apr 28	<p>Kind to Our Teachers: Pick a teacher you love. Create a card for them sharing some of the things you admire and appreciate about them.</p> <p>Poll: Who should we target for our "Kind to Our School Helpers" mission? Nurse Mercurio? Our main office staff? Our cafe staff? Our janitors?</p> <p>Mission: Deliver your card to the teacher you chose.</p>	<p>Need paper, coloring materials</p> <p>Crayons/markers/pencils from home</p> <p>Total: 0</p>
5	May 12	<p>Kind to Our School Helpers We chose a school helper to target for our next mission. Today, we'll spend some time making thank-you notes for</p>	<p>Paper</p> <p>Choice of a small gift for a school helper</p>

		<p>that school helper for all their important work.</p> <p>Mission: Get a small gift for this helper (candy, a gift card, hand cream, lip balm, candle, etc.) and bring both the gift and your thank-you note to Ms. Hines. Ms. Hines will assemble the gift bag.</p>	<p>(candy, hand cream, hand sanitizer, lipbalm, etc.)</p> <p>Total: \$5 or less</p>
6	May 19	<p>Kind to Our School Community: IN PERSON MEETING OUTSIDE Lincoln School students and staff could always use some kindness. Let's give them a boost by writing some encouraging messages outside using sidewalk chalk!</p> <p>Mission: This week, do something kind to help Lincoln School. Focus on filling some buckets this week! Show kindness to other students, teachers, or school helpers. Invite someone new to play with you at recess.</p>	<p>Ms. Hines will provide chalk for the group if this meeting is able to happen! :)</p> <p>Total: 0</p>
7	May 26	<p>Kind to Our Larger Community: Many people in our community could use some kindness. Meals on Wheels is an organization that brings food to people in need. They deliver meals to senior citizens and people with disabilities who often have trouble getting nourishing food. Sometimes these folks are lonely. The Meals on Wheels delivery person might be the only person they talk to all day. So let's do something kind! We'll make them placemats to eat on that are beautifully decorated and contain kind messages!</p> <p>Mission: Deliver placemats to Ms. Hines in room 4 (basement) so she can laminate them!</p>	<p>12x18 paper (previously listed)</p> <p>patterned paper (Michael's paper pads are a great choice, or you can get individual sheets even cheaper!)</p> <p>Any other collage materials (can be recycled from home)</p> <p>glue stick</p> <p>coloring materials</p> <p>Total: <\$20</p>
8	Jun 2	<p>Kind to the Planet: Talk about some ways to reduce your footprint. Reuse your recycled materials to create some art! Then make a plan to recycle the litter you find outside.</p>	<p>Recyclable materials from home</p> <p>Total: 0</p>

		Mission: Take a walk. Try to collect five or more pieces of litter and put them in the trash or recycling bin! Also... Just enjoy nature. Refill your “tank” so you can continue to provide kindness for others.	
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For your convenience...

Special materials:

- 8x10 frame
- 12x18” construction paper in assorted colors (small package is fine-- will probably only use a few sheets)
- Embroidery floss in 2-4 colors
- A small gift item for a school helper that is under \$5 (candy, hand cream, hand sanitizer, lipbalm, etc.)
- A paper pad or some patterned paper for collaging (could also use wrapping paper, tissue paper, or other paper from home)
- Groceries for week 3:
 - 2 cups milk chocolate chips
 - 3 cups Golden Grahams cereal
 - 4 cups mini marshmallows divided
 - 1/2 cup mini semisweet chocolate chips

Materials you probably have:

- Coloring materials (crayons, markers, colored pencils)
- Glue stick
- Student-safe scissors
- Paper
- A photo/printed picture of your student that can be glued onto paper
- Mixing bowl
- Spoon for mixing
- Baking sheet
- Parchment paper
- Recycled plastic/cardboard/containers from your recycling bin