

## Grade 6 English Language Arts

Week of November 30 – December 4

### Lesson 4: Random Acts of Kindness

This lesson features text (video, article, list) that helps us to answer: **How can we contribute to community?**

In the lesson, you will use reading strategies (**Take a PEEK, Turn It Into a Question**) to learn about **Random Acts of Kindness** and the **ripple effect**.

Think of a time when you saw an act of kindness, experienced kindness, or at time when you showed someone else kindness. If possible, chat about the following questions with a home facilitator / family member:

- What was the act of kindness?
- Who was involved?
- Where were you?
- Why was this act kind?

The Random Acts of Kindness Foundation has the slogan "Help Turn the World Kind". What does this mean? *Kindness can be the norm:* <https://youtu.be/YYnWsAoGRPE>

### Your Task

1. **Good readers preview the text before reading it.** Before starting to read everything, you will "**Take a PEEK**" at some of the non-fiction text features and text so you can figure out, before you start to read, what things might be important. Complete this step in the following pages.
2. By **Zooming in** on the subheadings in the article and using the **Turning it Into a Question** strategy, you can learn better focus your reading. Turn the headings into questions. Then read the article to answer the questions.
3. Then, look through the list of ideas of "Random Acts of Kindness for Youth". Pick two you think you could easily try. Record these in your **Reflection**. Over the next day or so, try at least one of your choices.

## 3.11 Random Acts of Kindness

### **Take a PEEK**

Directions:

1. Before reading the article you downloaded, scan it and record what you find and learn from each step in PEEK.

**P – PICTURES** – Look at all the pictures and captions. What can you learn from the pictures?

**E – EACH HEADING** - What do the titles and headings tell you about what is in the article?

**E – ENDING** – Summarize the last paragraph in 1-2 sentences. What do you learn about the entire article from the summary?

**K – KNOW** – What do you already know about this text?

### **Turning It Into a Question**

1. Turn each heading into a question.

2. Read the article to try to find the answers to the questions. Use the questions as a guide to find the main ideas of this article.

<b>Title, Heading, or Subheading</b>	<b>Turning It Into A Question</b>	<b>Reading to Answer the Question</b>
Random Acts of Kindness		
The Ripple Effect		
Research Shows		

## Reflection:

Look through the list of ideas of "Random Acts of Kindness for Youth" in the article. Pick two you think you could easily try. Record these:

- 1.
- 2.

Over the next day or so, try at least one of your choices. In a few complete sentences, tell about how it went.

## Random Acts of Kindness

By Margo Porro

"Random Acts of Kindness" is a huge movement that is spreading around the world. A **movement** is a group of people who share the same ideas or goals, but what is a "Random Act of Kindness"?

### Random Acts of Kindness

A **random act of kindness** is an unexpected act of charity, kindness, or helpfulness performed by kind people to either help or cheer up someone, for no reason other than to make people happier. Sometimes, these acts are planned and sometimes they simply happen as a response to something.

### The Ripple Effect



A **ripple effect** is a situation in which, like ripples spreading across water when an object is dropped into it, the impact of an action can spread and grow.

A **random act of kindness** can create a ripple effect of kindness. It starts as a single act, but then spreads outward as people "pass it on" or "pay it forward".

### Research Shows

Researchers have shown that kindness can be highly contagious. In other words, when we show kindness toward one person, that person is much more likely to be kinder toward others in the future, and so on. The kindness spreads from person to person. It's good to know that our acts of kindness don't only impact the people we do nice things for, but many other people we may never even know about. This shows that our actions can have a real and long-lasting effect on our community and the world, even if they start off very small.

Small acts of kindness go a long way toward making other people feel good – and you feel good when you are kind, too. If we are going to build a more positive world then it has to start somewhere. So why can't you be part of the catalyst?

### Ideas for Random Acts of Kindness for Youth

- ♥ Read a story to a younger sibling
- ♥ Compliment people
- ♥ Open the door for someone
- ♥ Call a grandparent, aunt, uncle, or elderly friend that may be lonely
- ♥ Clean part of your house (besides your bedroom) without being asked
- ♥ Write a letter to an old teacher
- ♥ Write positive chalk messages on the sidewalk
- ♥ Donate old books to a library or local charity
- ♥ Pick up trash
- ♥ Bake cookies for someone
- ♥ Make a homemade gift for someone
- ♥ Visit someone who could use some company, such as an elderly neighbor or someone who may not get out of the house often.
- ♥ Arrange to visit a senior center and play a board game with someone
- ♥ Collect old towels and blankets for an animal shelter
- ♥ Donate toys to a charity (transition house, community services)
- ♥ Earn some money and donate to a food bank
- ♥ Leave positive notes in random places
- ♥ Create a "thank you" card for someone who won't expect it
- ♥ Grow your hair out to donate
- ♥ Leave a bookmark in a library book with a positive message on it
- ♥ Paint rocks with kindness messages; leave on trails or in parks
- ♥ Volunteer at a soup kitchen (with a parent/guardian)
- ♥ Ask for donations instead of birthday gifts
- ♥ Smile at everybody – it's contagious