

○ MUSIC  city COUNSELOR

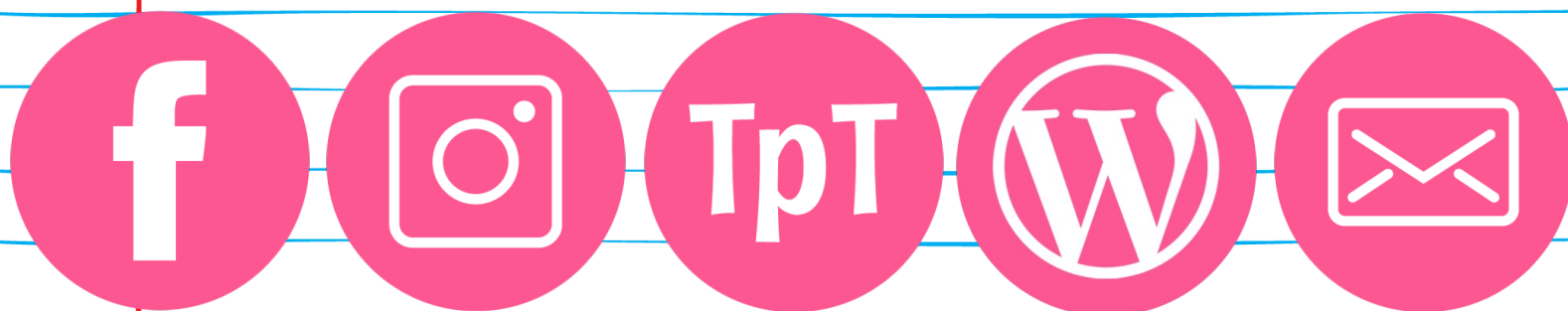
THANK YOU FOR YOUR
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my **website** and **membership**!

○ ♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

ASCA MINDSETS & BEHAVIORS:

Category 1: Mindset Standards

- M1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being
- M2: Sense of acceptance, respect, support, and inclusion for self and others in the school environment

Category 2: Behavior Standards

- B-SS 2: Positive, respectful, and supportive relationship with students who are similar to and different from them
- B-SS 5: Ethical decision-making and social responsibility
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment

DIRECTIONS PAGE I:

This lesson will take approximately 45 minutes to teach. It is up to you whether you would like to actually do the Kindness Quest with students, or simply teach them about the concept.

Recommended Sequence if doing the Kindness Quest:

- Review the PowerPoint or digital for Google Slides™ presentation with students.
- Review the "Kindness" definition poster and the "Ways to be Kind" posters with students.
- Post the "our class is doing the Kindness Quest" poster in the hallway or in your classroom.
- Use the discussion cards with students.
- Complete a worksheet or coloring page of your choice.
- Give each student a Kindness Log and explain how to use it.
- Give students who complete the Kindness Quest a certificate.

Recommended Sequence if NOT doing the Kindness Quest:

- Review the PowerPoint or digital for Google Slides™ presentation with students.
- Review the "Kindness" definition poster and the "Ways to be Kind" posters with students.
- Use the discussion cards with students.
- Complete a worksheet or coloring page of your choice.

DIRECTIONS PAGE 2:

Presentation:

Both a PowerPoint and digital for Google Slides™ presentation are included. This presentation teaches students all about kindness. Students listen to a story about Mrs. Blooms' class who learn the definition of kindness, then embark on a Kindness Quest. Their challenge is to make at least one kind choice each day and write about it in their Kindness Log. The presentation then reviews 12 different kind choices that Mrs. Bloom's students make as part of their quest. The presentation closes with 3 discussion questions.

This is a great time to ask students to "turn and talk" with a partner, then share out their ideas with the class.

Posters:

5 different posters are included. One poster announces to the school that your class is participating in the Kindness Quest. This one is great to post in the hallway or in your classroom if you choose to do the Kindness Quest. The other posters define kindness and review 12 ways to be kind.

Discussion Cards:

12 discussion cards are included in full color and black/white. You may choose to use these as a whole group or divide students into small groups. I prefer to divide students into groups of 2-4 and give each group 2-3 cards. Students can discuss their thoughts with their small group then share out with the class.

DIRECTIONS PAGE 3:

Kindness Log:

2 different versions of the Kindness Log are included in full color and black/white (one portrait and one landscape). Please choose the version that best fits your needs. Encourage students to make at least one kind choice each day of the week. They can write and/or draw about the kind choices they make in the blank space each day. You may choose to do just 1 week of the Kindness Quest or continue it for additional weeks.

One **worksheet** asks students to make kind choices and color each one as they go. This is a more younger-child-friendly version of a Kindness Log you may choose to use.

You may also choose to reward students who complete the Kindness Quest with prizes or the included **certificate**! Both a girl and a boy version of the certificates are included.

Worksheets & Coloring Pages:

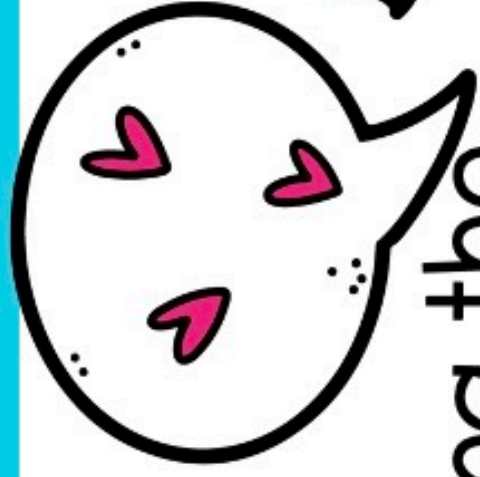
Assorted worksheets and coloring pages are included to close the lesson. Some are geared for classrooms that choose to do the Kindness Quest, and some are geared for classrooms that choose not to do the Kindness Quest. Please choose the ones that best your needs.

Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help!

KINDNESS

QUEST

MATERIALS



Our class is doing the

KINDNESS QUEST!

Help us spread

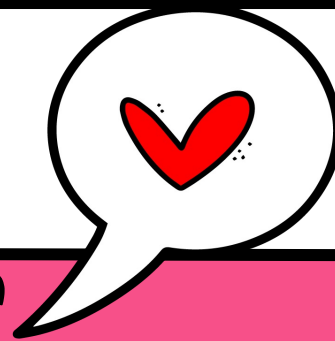
KINDNESS & JOY

around our school!



Name: _____

KINDNESS QUEST LOG



DAY

KIND CHOICES



Monday



Tuesday



Wednesday



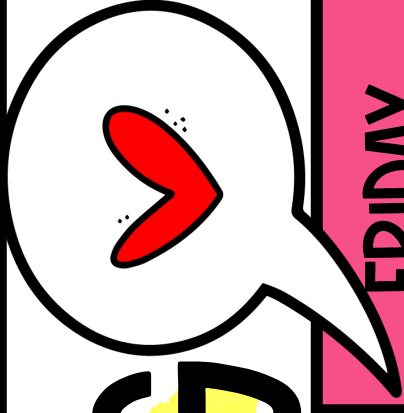
Thursday



Friday

Name: _____

KINDNESS QUEST LOG



MONDAY

TUESDAY

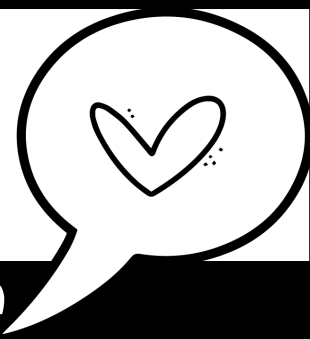
WEDNESDAY

THURSDAY

FRIDAY

Name: _____

KINDNESS QUEST LOG



DAY

KIND CHOICES



Monday



Tuesday



Wednesday



Thursday



Friday

FINDNESS QUEST LOG



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

This image shows a blank sheet of white music paper. It features five horizontal staves, each consisting of five parallel black lines. The staves are evenly spaced and run across the width of the page. There is no musical notation or other markings on the paper.

POSTERS

KINDNESS

Kindness means making a friendly, caring, or helpful choice without expecting anything in return.

QUIET, PLEASE



WAYS TO BE KIND

Comfort others.



Give compliments.



Give to people in need.



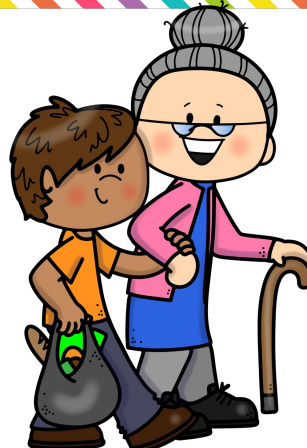
Volunteer.



Take turns.



Help others.



WAYS TO BE KIND

Do chores at home.



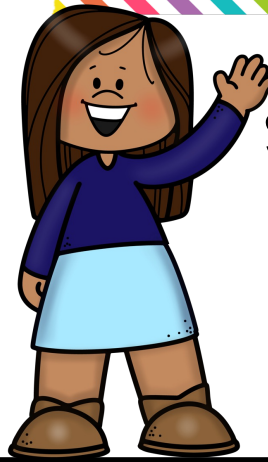
Make handmade gifts.



Plant a tree.



Smile at and greet others.
















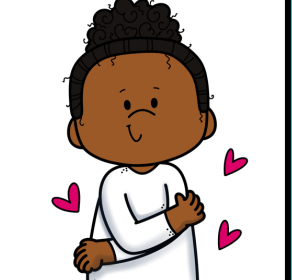
Teach others.



Clean up.



WAYS TO BE KIND

Comfort	Compliment	Volunteer	Help	Donate
				
Plant a tree	Take turns	Teach	Clean up	Do chores
				
Collaborate	Share	Hug	Stand up	Encourage
				
Respect	Trust	Listen	Care	Give
				
Support	Smile	Thank	Apologize	Self-love
				

DISCUSSION

CARDS

What is kindness?



© Music City Counselor

Share
about a
time when
you were
kind.



© Music City Counselor

Share about a time when
someone was kind to you.



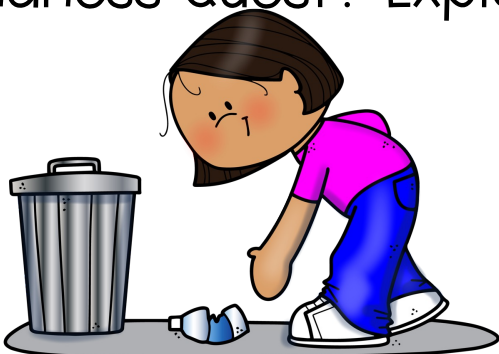
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What is Mrs.
Bloom's Kindness
Quest? How
does it work?



© Music City Counselor

Would you like to do a
Kindness Quest? Explain.



© Music City Counselor

What impact
did the
Kindness
Quest have on
Mrs. Bloom's
class?



© Music City Counselor

Why is kindness
important?



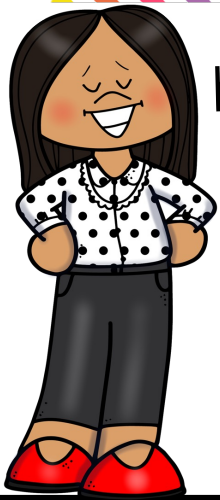
© Music City Counselor

How do you think
Mrs. Bloom's
students felt
when they made
kind choices?



© Music City Counselor

How do you think
Mrs. Bloom felt
when her
students made
kind choices?



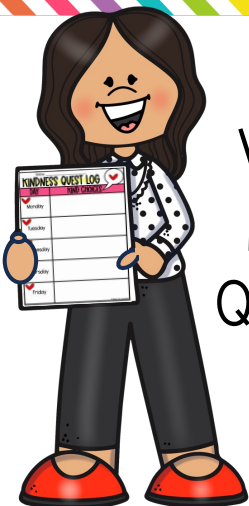
© Music City Counselor

If you were
doing a
Kindness Quest,
which kind
choices would
you make?



© Music City Counselor

What is a
Kindness
Quest Log?



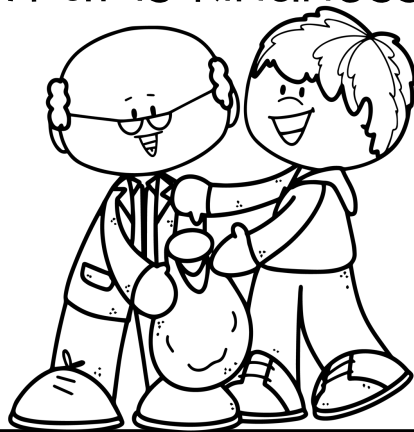
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What kind of
impact could a
Kindness Quest
have on your
school?

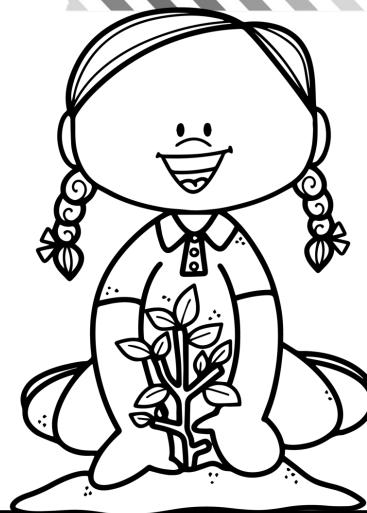


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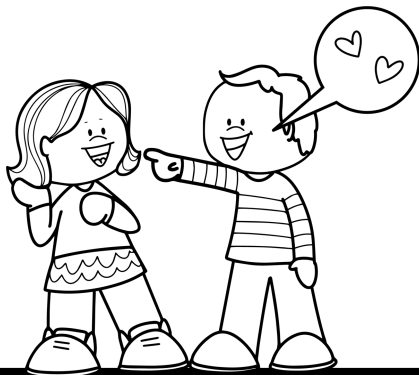
What is kindness?



Share
about a
time when
you were
kind.



Share about a time when
someone was kind to you.



What is Mrs.
Bloom's Kindness
Quest? How
does it work?



Would you like to do a
Kindness Quest? Explain.



What impact
did the
Kindness
Quest have on
Mrs. Bloom's
class?



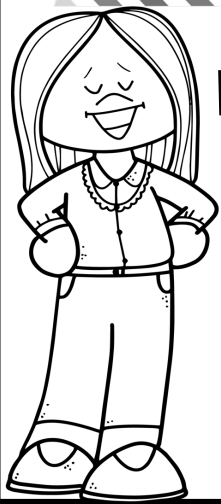
Why is kindness important?



How do you think Mrs. Bloom's students felt when they made kind choices?



How do you think Mrs. Bloom felt when her students made kind choices?



If you were doing a Kindness Quest, which kind choices would you make?



What is a Kindness Quest Log?



What kind of impact could a Kindness Quest have on your school?



WORKSHEETS

Name: _____

KINDNESS QUEST

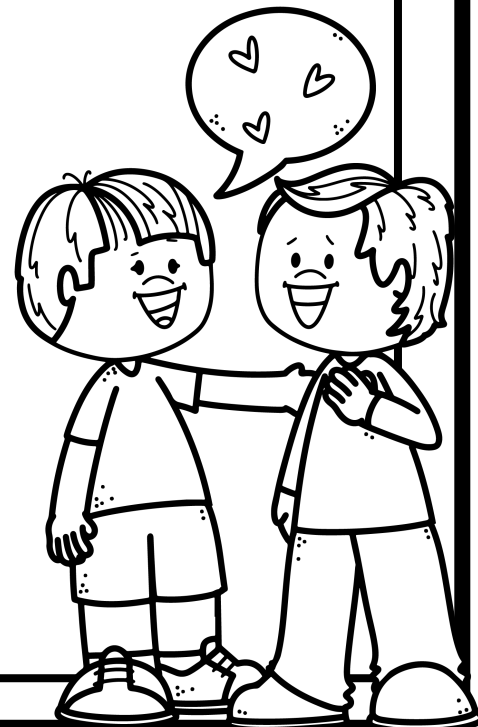
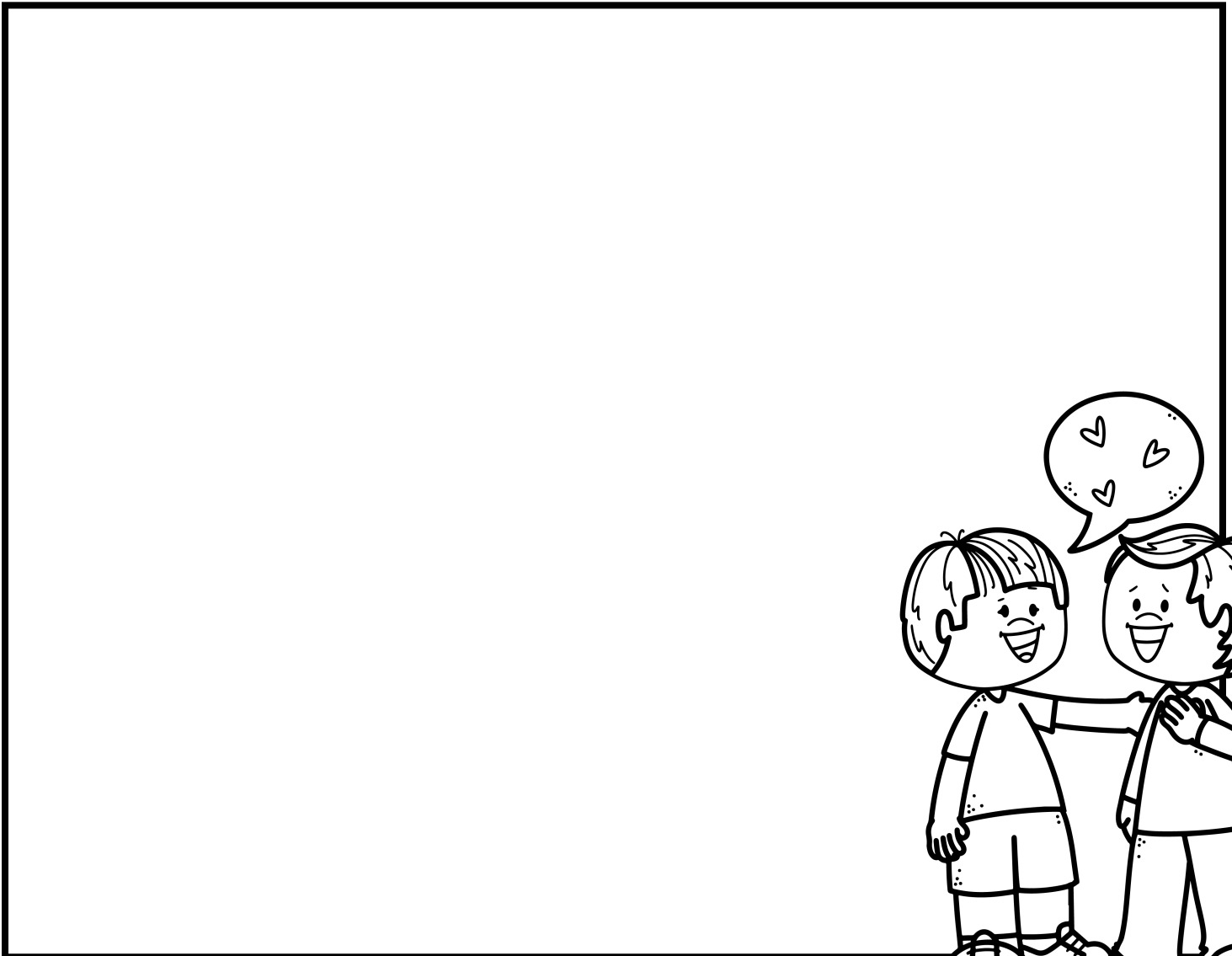
What does kindness mean to you?



Name: _____

KINDNESS QUEST

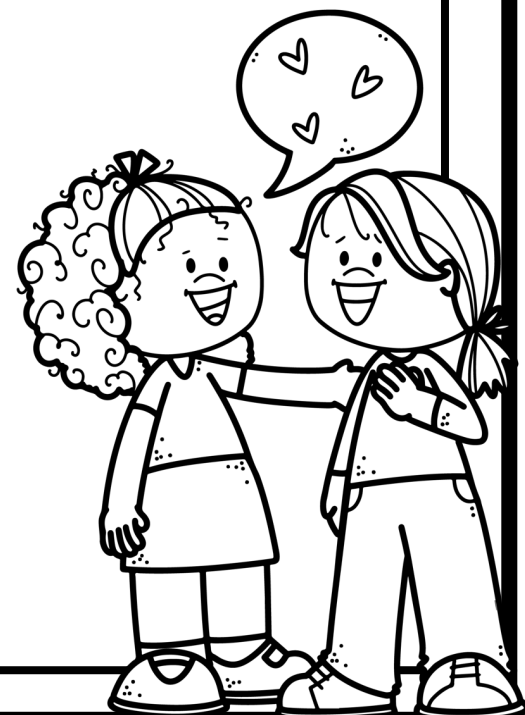
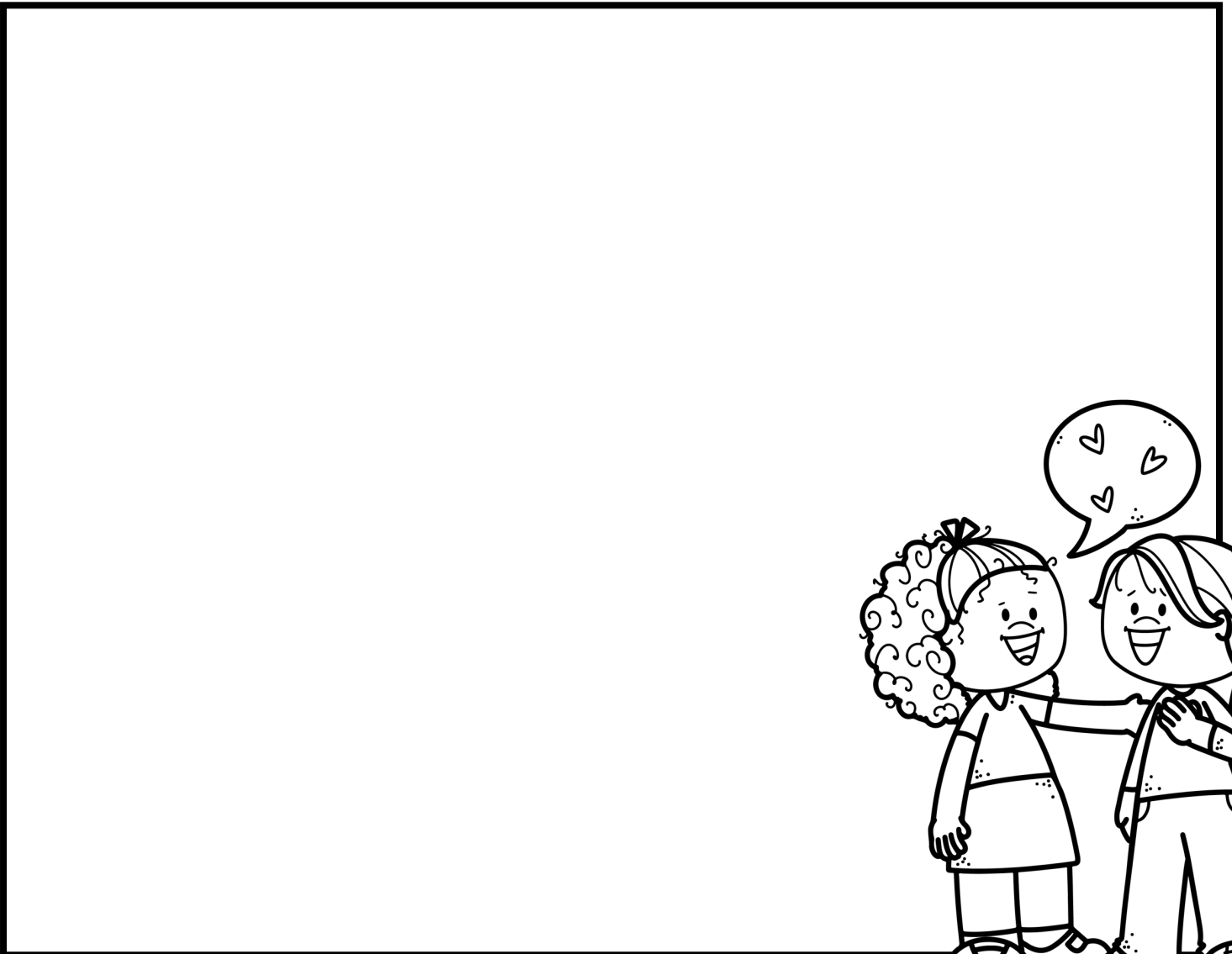
Write & draw about 2 kind choices that you could make if your class did a Kindness Quest.



Name: _____

KINDNESS QUEST

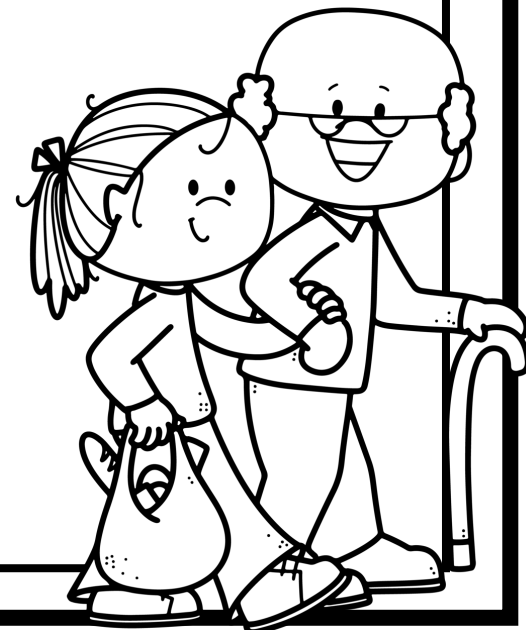
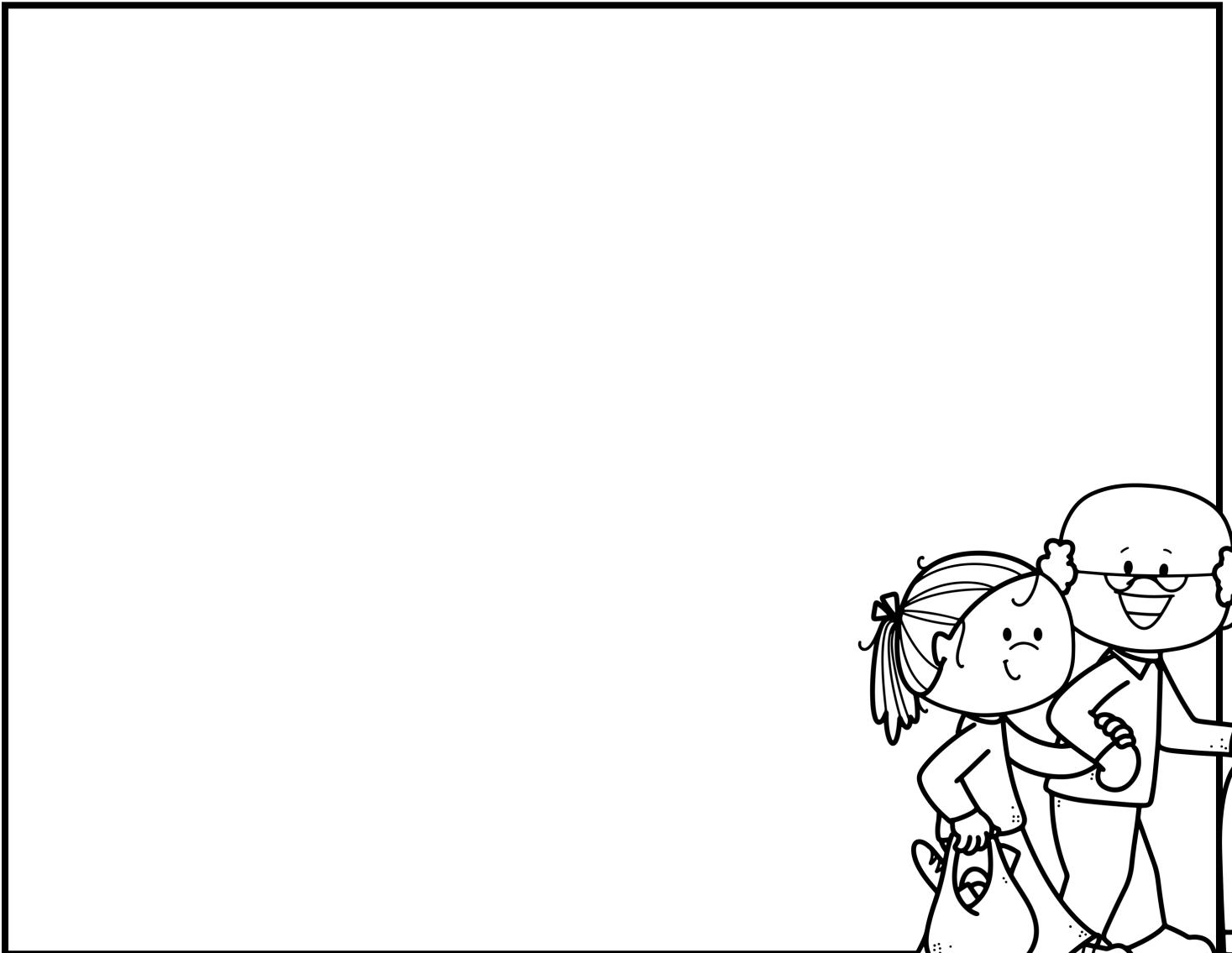
Write & draw about 2 kind choices that you made during the Kindness Quest.



Name: _____

KINDNESS QUEST

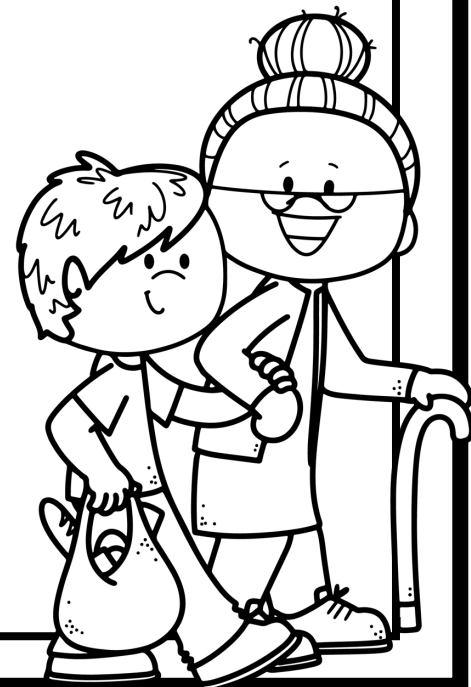
Write & draw about how you would feel if
your class did a Kindness Quest.



Name: _____

KINDNESS QUEST

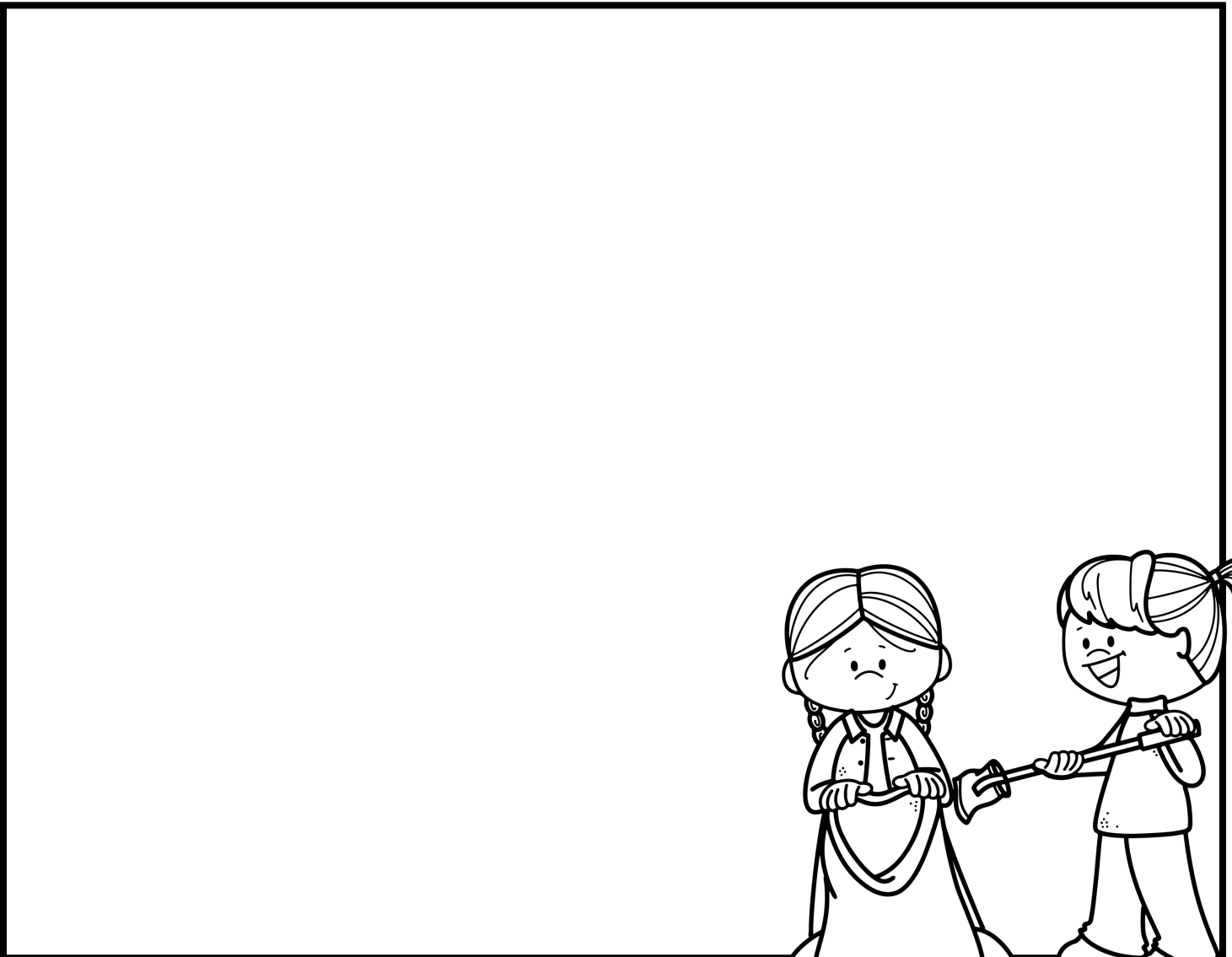
Write & draw about how the Kindness
Quest made you feel.



Name: _____

KINDNESS QUEST

Write & draw about how the Kindness Quest changed your school and community.



COLORING PAGES

Name: _____

KINDNESS QUEST

How many kind choices can you make?

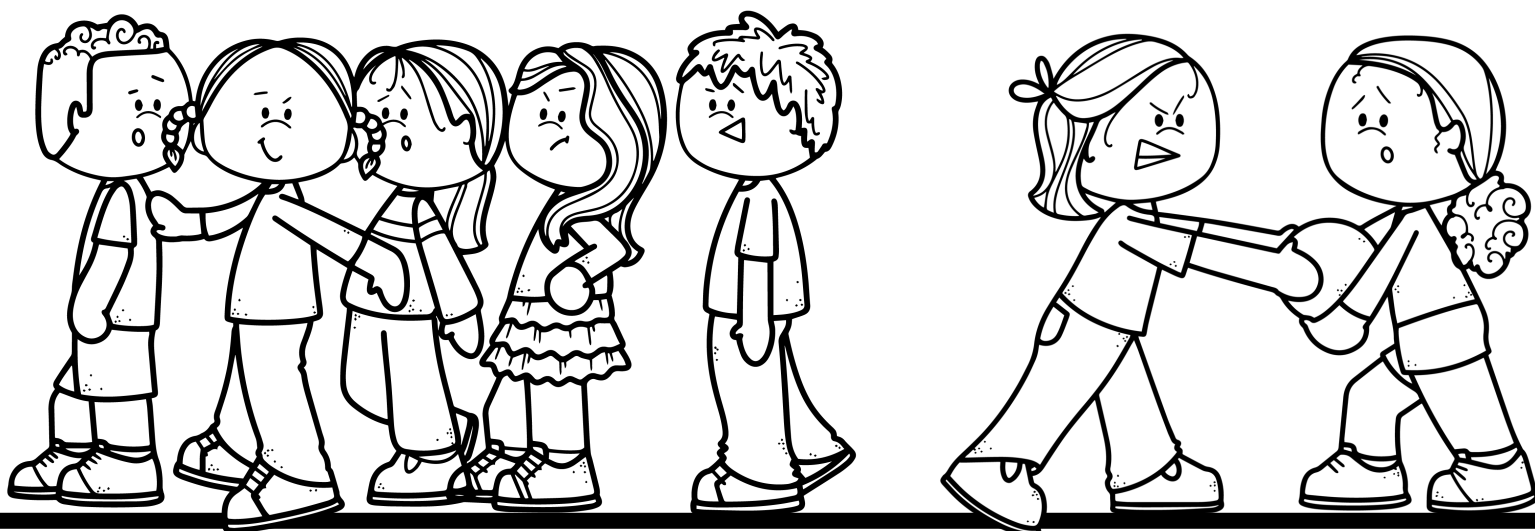
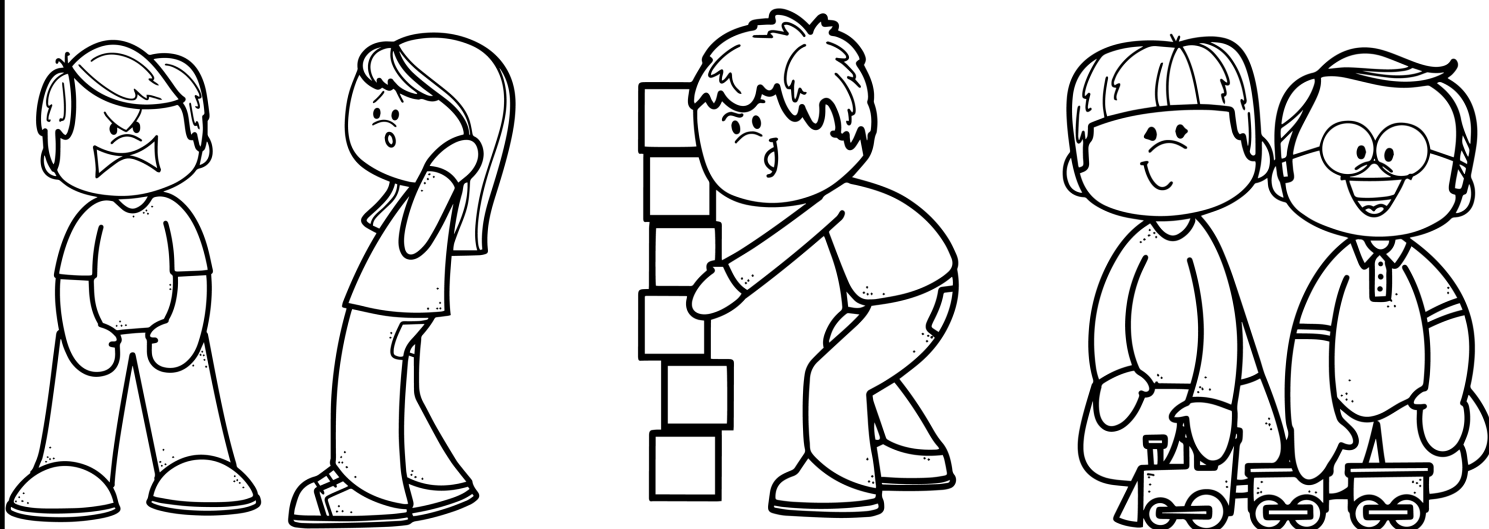
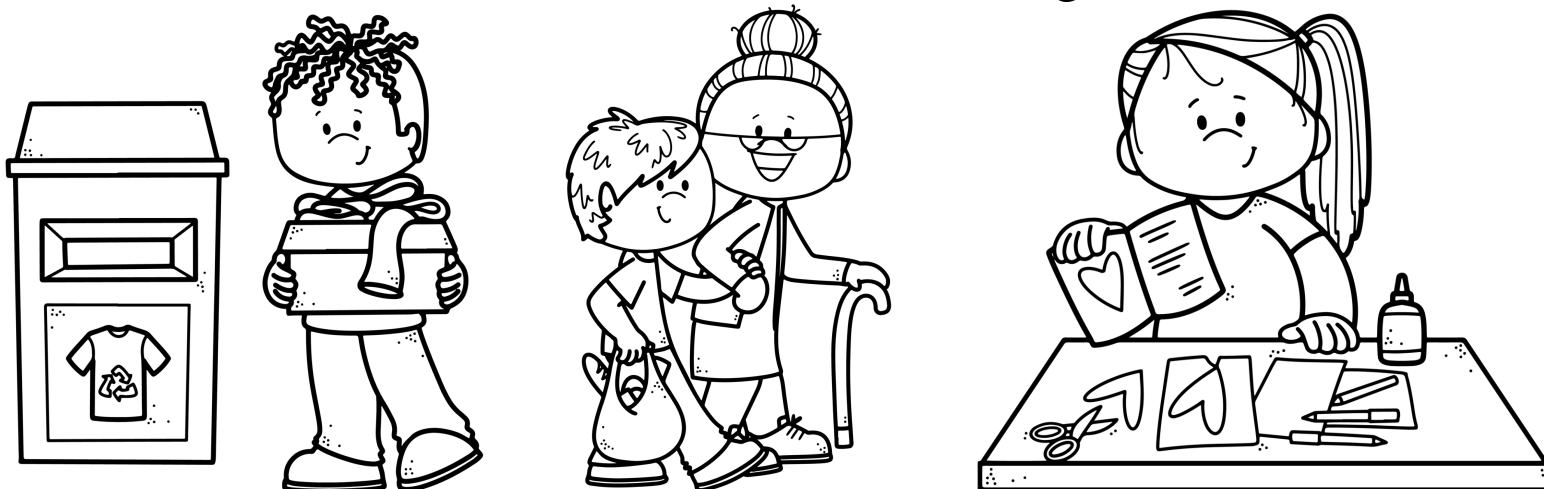
Color each picture as you go!



Name: _____

KINDNESS QUEST

Color the friends that are making kind choices.



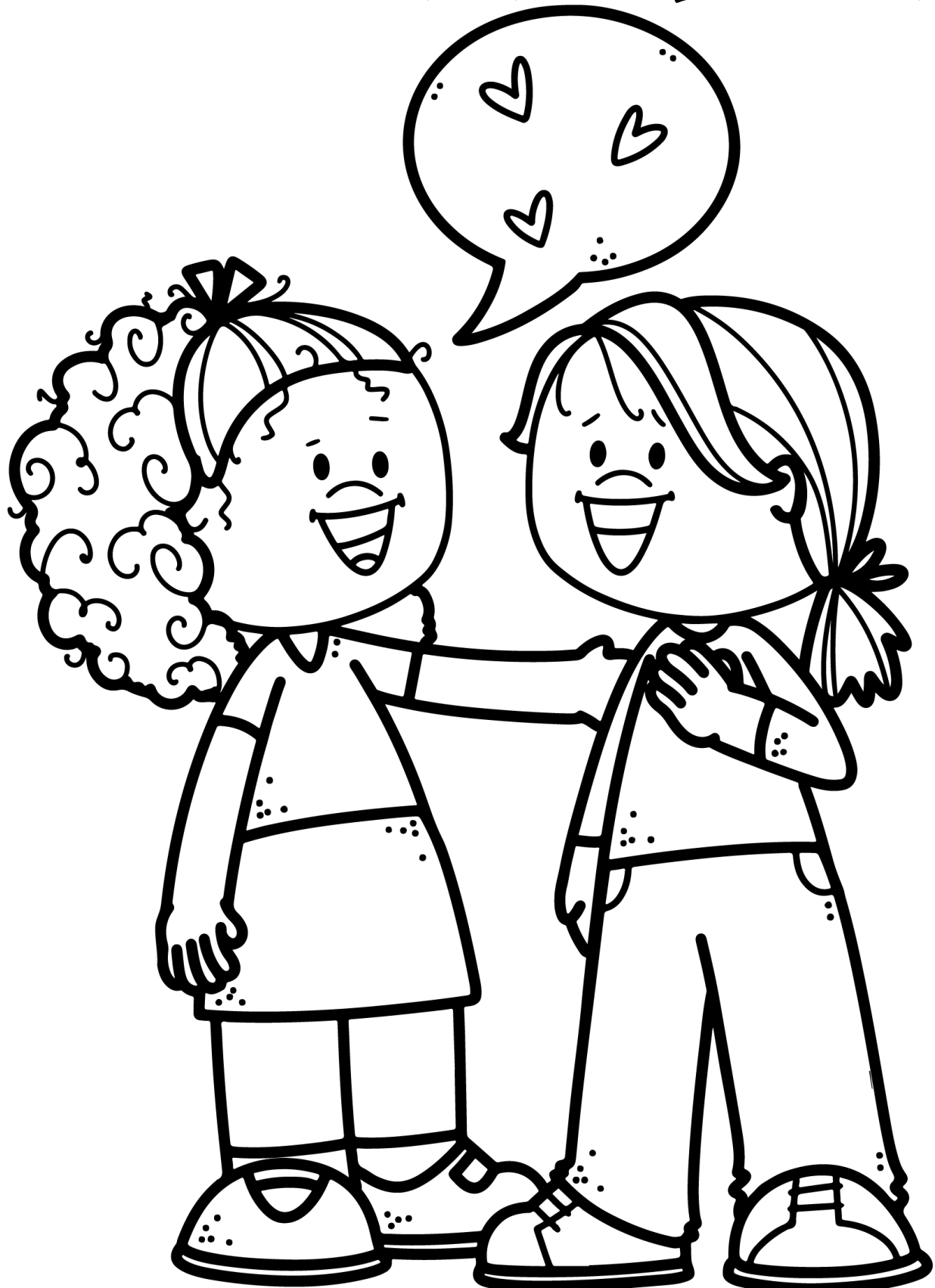
Name: _____

KINDNESS QUEST



Name: _____

KINDNESS QUEST



Name: _____

KINDNESS QUEST



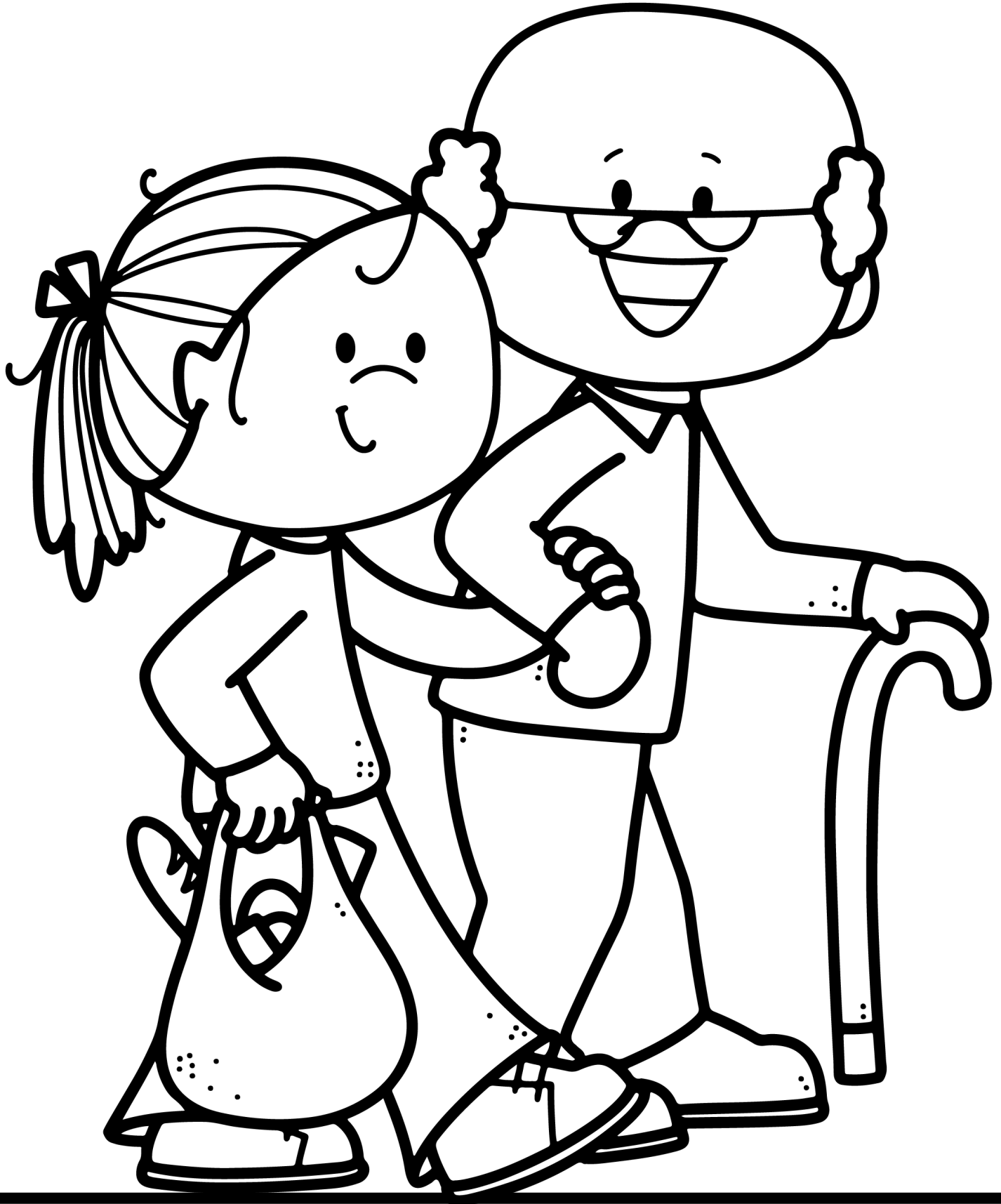
Name: _____

KINDNESS QUEST



Name: _____

KINDNESS QUEST



Name: _____

KINDNESS QUEST



CERTIFICATES

CONGRATULATIONS

You have completed the

KINDNESS QUEST!

Signature

Date



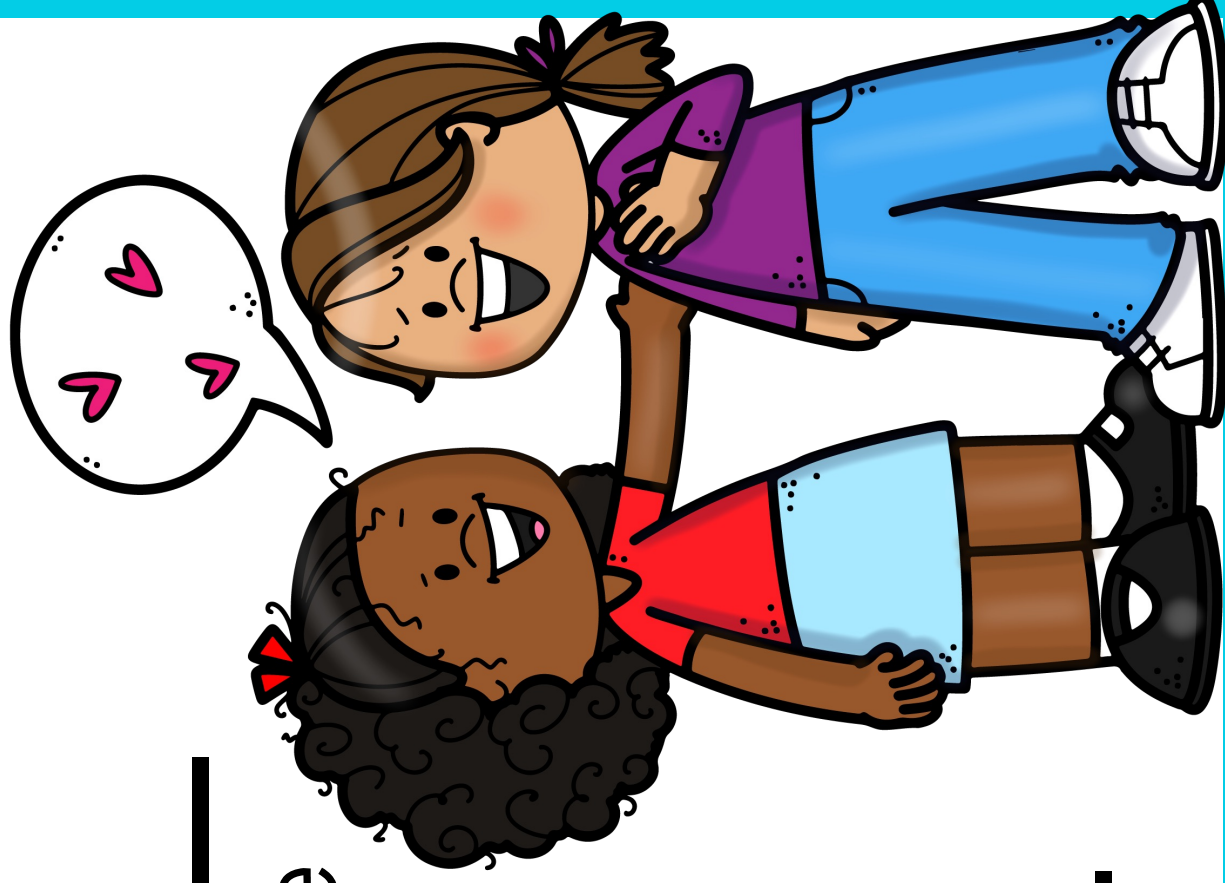
CONGRATULATIONS

You have completed the

KINDNESS QUEST!

Signature

Date



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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

