

# Kindness

***“Each friend represents a world in us, a world possibly not born until they arrive, and it is only by this meeting that a new world is born.”***  
—Anais Nin

***“Alone, all alone, nobody, but nobody, can make it out here alone.”***

—Maya Angelou

**Theme: Sensitivity to Others**

**Film: *Forest Gump***

**(PG-13) 1:34**

“Mama says stupid is as stupid does.” He knows he is different from everyone else. He looks different, he walks different, he talks different. All the other kids remind him that he is different, and they exclude him because of it. All the kids, that is, but one...

**Watch Video Clip – Channel 67 – after Channel 1**

**Teaser Question:** Why is it hard to welcome and include others who are different than we are?

**Going Deeper:** What made Jenny seem like an angel to Forrest? Have you ever been an angel to someone? Who has been a “sweet voice” to you? Why? Why is it easier to be nice to someone who is different when you meet him or her alone than when you are with your friends?

**Making Choices:** There is a student in your class that no one likes. You know this student is really good at math. None of our friends are good at math and are getting together to study for a big test. Should you invite this student to join in? What will you tell your friends?

**Activity: “A Family Tree of Kindness”**

**Performance Objective:**

To remember the people who have shown kindness to us in times past and to consider the individuals to whom we have shown kindness or to whom we need to show kindness.

**Materials Needed:**

Sheet of paper for each student with her/his name in the middle, preceded by five blank lines above and five blank lines below.

**Teachers’ Instructions:**

- Ask each student to recall the individuals who have at different points in that student’s life, shown kindness to him/her. Instruct them to write down the names of five of these “kindness-givers” on the lines above their own name.
- Ask each student to consider five individuals either to whom they have intentionally shown kindness, or need to reach out to with kindness. They should write these names in the blanks below their own name.

- Discuss the kinds of ways in which the kindness-givers reached out and showed care and concern. What did they say or do to show kindness?
- Discuss what it is about the persons whose names are on the bottom of each sheet that made us show kindness, or want to show kindness, to them. What difficulties do we face in showing kindness? What obstacles are there to overcome?
- How did the kindness we received from the people above our name help us to reach out to the ones below our name? How can we keep the Family Tree of Kindness going?