



Today's lesson featuring the story **Change the World Before Bedtime** by Josh Chalmers and Mark Kimball Moulton will show how even small acts of kindness can impact others in a big way and can set off a chain reaction of positive feelings.

### WARM-UP

- 1. Read **Change the World Before Bedtime** by Josh Chalmers and Mark Kimball Moulton or press play on the link provided.
- 2. Allow students to share their thoughts on today's story. Encourage discussion about how the little things in life—a smile, a kind word, a simple deed—can help change the world in a big way.

### GAME-ON

- 3. Click on today's **Small Steps, Big Difference** video.
- 4. Today Suzi reminded us that in just a few short minutes you can brighten someone's day or make the world better in some way. As a class, make a list of some of the things the kids in today's story did to show kindness.
- 5. Provide students with a few moments to reflect on something they have done in the past that was kind, without expecting anything in return. Then, encourage them to think of something they can do today to spread kindness. They are welcome to share with a partner or with the class if comfortable.
- 6. Students will write an example of an act of kindness on a strip of paper. This can be something they have done in the past, something they plan to do in the future, something they remember from today's story, etc. They are welcome to complete more than one paper strip.
- 7. When they have finished, they (or you) can begin stapling the strips together in loops to make a class chain of kindness. They chain can be displayed in the classroom to remind them that a little kindness goes a long way!

### POST-GAME

- 8. Use the *Mindful Moment with Mick E.* provided as another opportunity for your students to reflect and to assess their understanding of the lesson.

### A MINDFUL MOMENT WITH MICK E.

*"On my way to the rink today, I saw someone drop their keys. I ran to pick them up and give them back to that person. That simple act of kindness made ME feel good and made that other person feel good as well.*

*Can you remember a time when you did something kind for someone?  
How did it make YOU feel?"*

### MATERIALS:

- coloured paper cut into strips lengthwise, approximately 5cm wide.
- markers
- stapler

### TEACHER PREPARATION:

- cut coloured paper into strips, approximately 5cm x 28cm (a letter size paper will make 4 strips)

