

## Kind of a Warm-Up

*(The teacher can select an activity of their choice or use the activity provided.)*

Time (minutes)  
5

## Organization

Students in general space throughout the instructional area with cones or poly spots spread out.

### Activity Progression:

Spread kind message cards face down throughout the instructional area. Place a kind message card underneath each cone/poly spot.

Organize students into groups of 3-4. On the go signal, students will move around the instructional area. After about 20-30 seconds have the students stop.

Tell students that now on the go signal they are going to move through the space, pick up and read a kind message card and bring it back to their group. If they have cards that match, they can keep the cards. If they have cards that don't match, they will place them back in the middle of the instructional area. Stop after about 20-30 seconds. Complete three rounds.

At the end, have each group reflect upon the messages they grabbed. After a couple minutes, have students grab the kind message cards, bring them to you, and have a seat.

Begin a discussion around kind messages and how they make students feel.

**Example script:** "What were some of the messages that you read? [Allow students to respond between each question.] What was your first initial reaction/thought when you read the message? How did it make you feel reading all of the messages? How does it make you feel receiving kind messages from friends? Family? Teachers? Strangers? How does it feel to give a kind message to someone else? Kind messages can make us feel good about ourselves and help build our self-esteem. It can even feel good to give a kind message to someone else because we may be able to see a positive reaction. Being kind and giving/receiving kind messages may sound easy, but it can really take practice believe it or not! So, today we are going to continue to talk about kind messages and how they affect us."

**Extension:** Have students come up with a question to better get to know their classmates. Next, they will find a classmate to ask their question and answer their peer's question. The two students will switch and go find someone else. Research indicates that the more you relate and know someone, the kinder people typically are to each other.

### Modifications/Differentiation:

- Use signs for directions or visual displays of what you want students to do.
- Provide replacement activities for students who may not be able to perform all locomotor skills (e.g., isometric holds, arm circles, walk versus run, etc.).
- Allow students to choose the movement.
- Encourage peer support.

### Checks for Understanding:

- Ask students how someone might feel when they receive a kind message from someone they know and someone they don't know. Compare and contrast the difference.



**You are caring.**

**You are  
important.**

**You are caring.**

**You are  
important.**

**Thanks for being  
a good friend.**

**You are more  
fun than  
anyone I know!**

**Thanks for being  
a good friend.**

**You are more  
fun than  
anyone I know!**

**You look  
great today.**

**You are the  
most perfect  
you there is.**

**You look  
great today.**

**You are the  
most perfect  
you there is.**

**You have a great outlook on life.**

**You have a great ability to stay positive even during tough times.**

**You have a great outlook on life.**

**You have a great ability to stay positive even during tough times.**

**Great smile!**

**You are enough  
just the way  
you are.**

**Great smile!**

**You are enough  
just the way  
you are.**

**You are worthy  
to be loved.**

**You make  
our school a  
better place.**

**You are worthy  
to be loved.**

**You make  
our school a  
better place.**

**You have a great  
sense of humor.**

**You are  
smart.**

**You have a great  
sense of humor.**

**You are  
smart.**



**I can count on  
you.**

**I enjoy  
spending time  
with you.**

**I can count on  
you.**

**I enjoy  
spending time  
with you.**

**You're one  
smart cookie!**

**You have the  
best hugs!**

**You're one  
smart cookie!**

**You have the  
best hugs!**

**I admire how  
fearless you are.**

**You are  
thoughtful.**

**I admire how  
fearless you are.**

**You are  
thoughtful.**