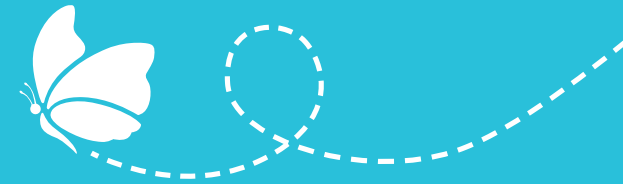


Do It For Dolly Day

Week Lesson Plan

for Early Learning Centres



DAY 1 WHAT IS KINDNESS?



Learning Focus

Understanding what kindness means..

PowerPoint Slide 3



Introduction

"This week we are learning about kindness - that means being caring, helpful, and friendly to others. Can anyone tell me what kindness means to you?"



Guiding Questions

"What does it feel like when someone is kind to you?"
"What are some ways we can be kind at kinder/day care?"



Activities

Read a story about kindness - suggestions below

'Be Kind'
by Pat Zietlow Miller

<https://youtu.be/t6NUJ2JZz50?si=eM2tXaW7ulTiJ6l4>

or 'Kindness is my Superpower'
by Alicia Ortego

https://youtu.be/6P-Y_M9q7RM?si=xvOpbOU9SQuv_Dmt

After reading:

"What kind things did the characters do? How did it make others feel?"

Activity:

- ★ Children decorate paper hearts with drawings of kind actions (sharing toys, hugging, helping friends).
- ★ Display on a "Kindness Wall"

PowerPoint Slide 5



Reflection Prompt

“

One way I can be kind is...

”

PowerPoint Slide 6



DAY 2 KIND WORDS, KIND HANDS



Learning Focus

Using kind words and actions.

PowerPoint Slide 3



Introduction

"Today we're learning about using kind words and kind hands. That means our words make others feel good, and our hands help, not hurt."



Guiding Questions

"What are some kind words we can use every day?"

"What can we do with our hands to show kindness?"



Activities

Sing the Kindness Song:

"If You're Kind and You Know It"

<https://youtu.be/RaTRbkF6pOK?si=VPkBWEs-wPIHa27Q>

(to the tune of If You're Happy and You Know It) - e.g., "If you're kind and you know it, give a hug..."

Activity:

- ★ Handprint art - each child prints their hand on a large poster titled "Our Kind Hands" and says one kind word aloud.

PowerPoint Slide 5



Reflection Prompt

"Today, I used my hands to..."

PowerPoint Slide 6



DAY 3 HELPING OTHERS



Learning Focus

Acts of helping make people feel cared for.

PowerPoint Slide 3



Introduction

"Today we're learning how helping others can make us feel happy inside and make others feel special."



Guiding Questions

"How do you feel inside when you help someone?"

"How do you think the other person feels when you help them?"

"What might their face or body look like when they feel cared for?"



Activities

Read a story about kindness - suggestions below

'Have You Filled a Bucket Today?'
by Carol McCloud

<https://youtu.be/iF6NEvfS1ro?si=WKIFsiIA9mUBKIBZ>

After reading:

"What did it mean to fill someone's

bucket? How can we fill someone's bucket today?"

Role Play Activity:

★ Practice helping - picking up toys together, asking "Would you like to play?", offering a hug.

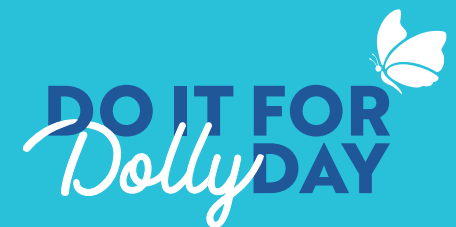
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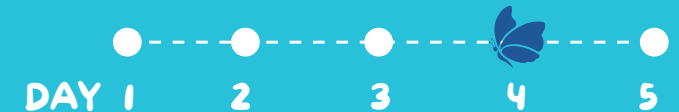
Reflection Prompt

"Today, I helped someone by..."

PowerPoint Slide 6



DAY 4 CELEBRATING FRIENDSHIP



Learning Focus

Appreciating and including friends.

PowerPoint Slide 3



Introduction

"Friends make our days happy!
Today we are celebrating what makes
our friends special."



Guiding Questions

"What do you love about playing with
your friends?"

"How can we make sure no one feels
left out?"



Activities

Play the kindness game -
suggestions below

Game:

- ★ Friendship Circle – children pass a soft
toy around, and when holding it, say
one kind thing about the person next
to them.

Art & Craft:

- ★ Make friendship bracelets (string and
beads) or necklaces to give to a friend.

PowerPoint Slide 5



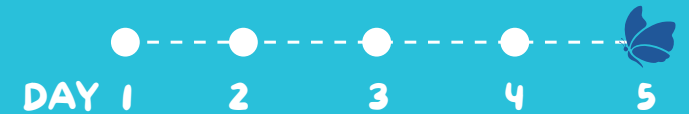
Reflection Prompt

“ I like playing with my
friends because... ”

PowerPoint Slide 6



DAY 5 DO IT FOR DOLLY DAY CELEBRATION



Learning Focus

Spreading kindness in our community.

PowerPoint Slide 3



Introduction

"Today is a very special day – Do It For Dolly Day! This day is all about spreading kindness, helping others, and making sure everyone feels safe and happy."



Guiding Questions

"How can we tell if someone is feeling sad or left out?"

"What can we do if we see someone looking lonely?"

"What could we say to help them feel happy again?"



Activities

Dress in Blue & Heart Symbols:

Wear blue or heart stickers to show kindness.

Kindness Parade:

- ★ Children walk around the classroom/ play area showing off their kindness artwork and bracelets from the week. Invite parents or other classes if possible.

Song:

- ★ End with a kindness song/dance party.

Kindness by The Juicebox Jukebox

https://youtu.be/H98Rfljxmsc?si=N_DAPEFaPGIwho1B

PowerPoint Slide 5



Reflection Prompt

“ This week, I showed kindness by... ”

PowerPoint Slide 6

