

CHOOSE TO BE NICE[®]

LEARNING ACTIVITY GUIDE - THIRD GRADE

KINDNESS



KIND KIERA
spreads kindness wherever she goes.

WHAT'S INSIDE?

- Student-centered activities designed to promote lifelong social and emotional intelligence
- Book recommendations + literacy activities
- Home connections + tips for parents

**CHOOSE
TO BE NICE[®]**



Welcome to the Third Grade Kindness Learning Activities!

This month, your school community will be emphasizing the importance of kindness. Use this Learning Activity Guide to help students understand and embrace kindness through an engaging video or audio recording, a children’s book, a lesson, discussion questions, extension ideas, bonus materials, and at-home engagement. These fun and student-centered activities are cross-curricular and include opportunities for children to collaborate and work independently, exercise their literacy skills and creativity, and develop social and emotional awareness.

The Choose To Be Nice® school program is a comprehensive and engaging SEL (social and emotional learning) program that focuses on the nine important values of respect, kindness, acceptance, teamwork, honesty, responsibility, friendship, patience, and courage. Schools focus on one value per month, and all program components are designed to foster empathy, kindness, and lifelong values that will help children become resilient and compassionate individuals. All learning activities are aligned with the five core social-emotional learning competencies identified by CASEL (Collaborative for Academic, Social, and Emotional Learning), the nation’s leading organization advancing the development of academic, social, and emotional competence for all students. As students go through the Choose To Be Nice program and learn and practice the Choose To Be Nice values, they are building their skills in the five competencies: self-management, self-awareness, responsible decision making, relationship skills, and social awareness.



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GETTING STARTED

OUR VALUES

Choose To Be Nice promotes its mission with these nine important values:

RESPECT - be polite and show consideration for others and their differences

KINDNESS - be nice and friendly to people wherever you go

ACCEPTANCE - appreciate and recognize people for who they are

TEAMWORK - collaborate and work together with others

HONESTY - be truthful and fair

RESPONSIBILITY - be accountable for your own actions

FRIENDSHIP - be a friendly companion other people want to be around

PATIENCE - be calm and understand that some things take time and endurance

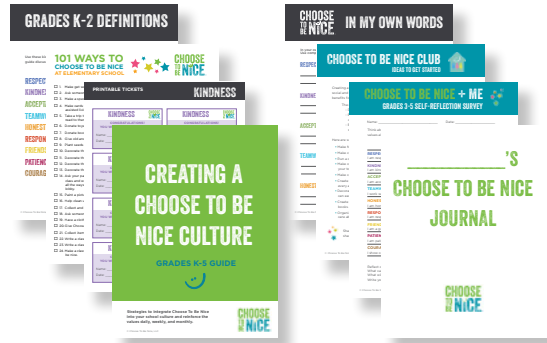
COURAGE - be brave and dare to be nice even when it's hard

GETTING STARTED

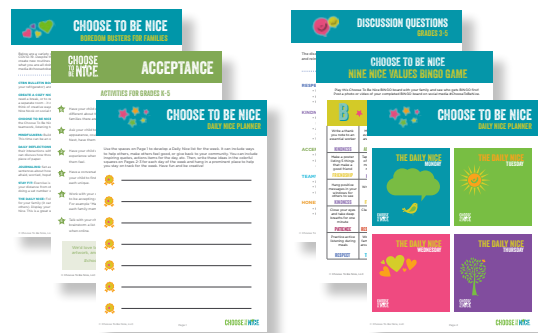
ONLINE RESOURCES

Resources for educators and families are available to download on our website.

Educator Resources Page: The entire Choose To Be Nice curriculum, along with supporting documents, additional student worksheets, at home activity guides, bonus materials, and this guide, are all available on our website on the Educator Resources Page. To access materials visit: www.choosetobenice.com/educator-resources. Use password: **CTBNschool24-25**.



Family Resources Page: Please be sure to direct your families to our online **Family Resources Page**, where we have additional engaging and fun at home activities for families, as well as tips and other resources. Families can access the activities at: www.choosetobenice.com/home-community-resources/.



GETTING STARTED

SUGGESTED SCHEDULE

Here is a suggested schedule to follow for Third Grade Kindness Month:

Prior To Week One:

- Send home the Choose To Be Nice At Home Activity Book (Third Grade Kindness) available on the Educator Resources Page
- Have books from the suggested book list readily available for your students

Week One:

- Play Kiera's audio recording found on the Educator Resources Page
- Kindness Learning Activity: Kindness Online

Week Two:

- Have Group Discussions about kindness

Week Three:

- Have students reflect on and write about kindness during journal time. Journal covers and pages are available to download from the Educator Resources Page

Week Four:

- Kindness Extension Activity

CHOOSE TO BE NICE AT HOME ACTIVITY BOOK

Essential to adopting any new behaviors is making sure the learning reaches home. **Choose To Be Nice At Home Activity Books** help to reinforce the Choose To Be Nice values and encourage positive dialogue at home. Each Guide includes a note to parents/guardians, a fun activity, discussion questions, a coloring page and a poster. Be sure to send this guide home prior to starting this month's learning activities.



KIND KIERA AUDIO

In this short audio recording, **Kind Kiera** talks about kindness and builds excitement for additional learning and exploration. Be sure to play this audio prior to starting this month's learning activities..



All At Home Activity Guides and audio recordings are available on our website on the [Educator Resources Page](#). Password is CTBNschool24-25.

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spreads kindness wherever she goes.

BOOK SUGGESTION: **The Juice Box Bully**, By Bob Sornson and Maria Dismondy

LEARNING ACTIVITY: Kindness Online

SUBJECT CONNECTIONS: English Language Arts

MATERIALS NEEDED:

- Copies of Being Kind Online Brainstorm



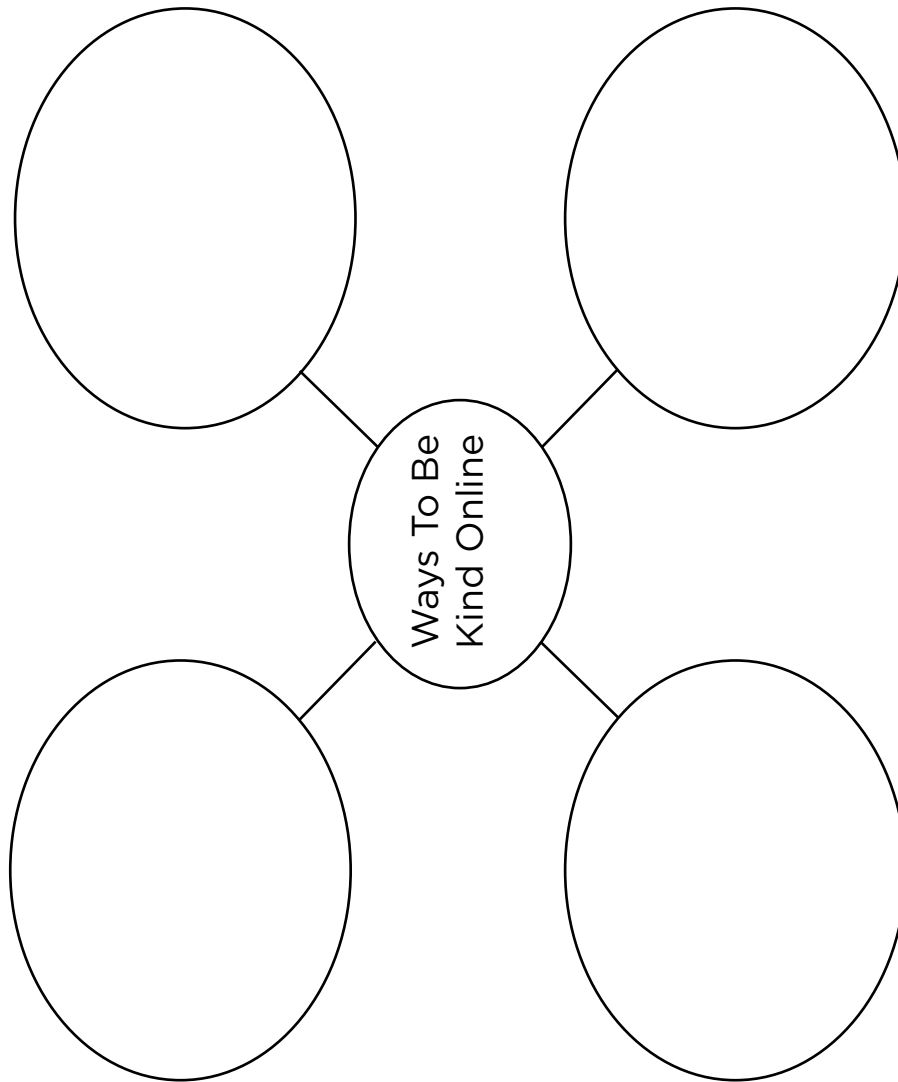
INSTRUCTIONS: Ask students to share what kindness means to them and why it's important. Read the book **The Juice Box Bully**. Have students discuss the promise that students made in Mr. Peltzer's class and compare it to the Choose To Be Nice promise. Ask students to share what they would do if they encountered a bully.

Next, ask students to share what they think cyberbullying is. Pass out copies of the Being Kind Online worksheet and have students brainstorm in small groups different ways that they can be kind online to prevent cyberbullying. Some examples could be: using kind words, remembering the Choose To Be Nice Promise, or telling an adult if they think someone they know is being cyberbullied. Remind students to use complete sentences when writing.

Next, invite the small groups to share with the entire class. Keep track of ideas on chart paper. Keep the chart paper up in the classroom to remind students to be kind online throughout the year. Finally, share with students that you are always available to help if they see cyberbullying happening.

Use with THIRD GRADE **KINDNESS** activity: Being Kind Online

BEING KIND ONLINE BRAINSTORM



Names: _____

DISCUSSION QUESTIONS (3-5)

Use these questions to engage students in thoughtful discussions about kindness.

- Have you ever intentionally excluded other kids from joining your group, game, or activity? If yes, why? How do you think it made them feel?
- Are there kids that you see being mean to other kids at school? If yes, what could you do to make them feel more valued and appreciated?
- What is the kindest thing anyone has ever said to you?
- Can kindness change someone's behavior? Share examples or thoughts.
- Tell about a challenging situation where you chose to be kind. Why did you make that choice?
- What are some unexpected ways to show kindness at school or in your community?

EXTENSION IDEAS

Use these Extension Ideas to extend and reinforce the learning anytime throughout the month and year.

- Have students keep their Being Kind Online Brainstorm worksheet and reference it before doing activities online in school.
- Students can create Being Kind Online Posters that illustrate ways that kids can be kind online and prevent cyberbullying. These posters can then be hung up around the school.
- Have students write in their CTBN Journal about what they would do if they witnessed cyberbullying.

ADDITIONAL BOOKS LIST - KINDNESS (3-5)

Use these additional books to reinforce the concept of kindness.

Those Shoes, By Marybeth Boelts

A Chair for My Mother, By Vera Williams

Bully, By Patricia Polacco

Because of Mr. Terupt, By Rob Buyea

The Family Under the Bridge, By Natalie Savage Carlson

One Drop of Kindness, By Jeff Kubiak

BONUS MATERIALS

Award Certificates: Choose To Be Nice Award Certificates are a great way to promote a positive school culture and reinforce the Choose To Be Nice value of the month. Use the Kindness Award Certificate to recognize those students for consistently being kind and showing kindness toward others.



Reward Tickets: Keep a stack of Kindness Tickets handy. When you observe a student showing kindness through actions, words, or interactions, award them a ticket. Empowering students to award these tickets to their peers is a great way to encourage them to recognize and value kind behavior in different situations. Consider setting up a system where tickets can be exchanged for small rewards or privileges.



Coloring Page: Students can use coloring pages during quiet time. Display completed pages around the classroom to celebrate students' understanding and commitment to kindness.



Poster: Hang the poster in your classroom as a visual reminder of the importance of kindness. Use the poster to spark meaningful discussions about kindness.



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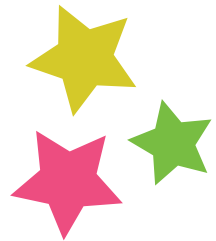


KINDNESS AWARD

This award is being presented to

*for being nice and for being friendly
to people wherever you go.*

Keep up the good work!!



KINDNESS



CONGRATULATIONS!
YOU WERE CAUGHT BEING KIND

Name: _____

Date: _____



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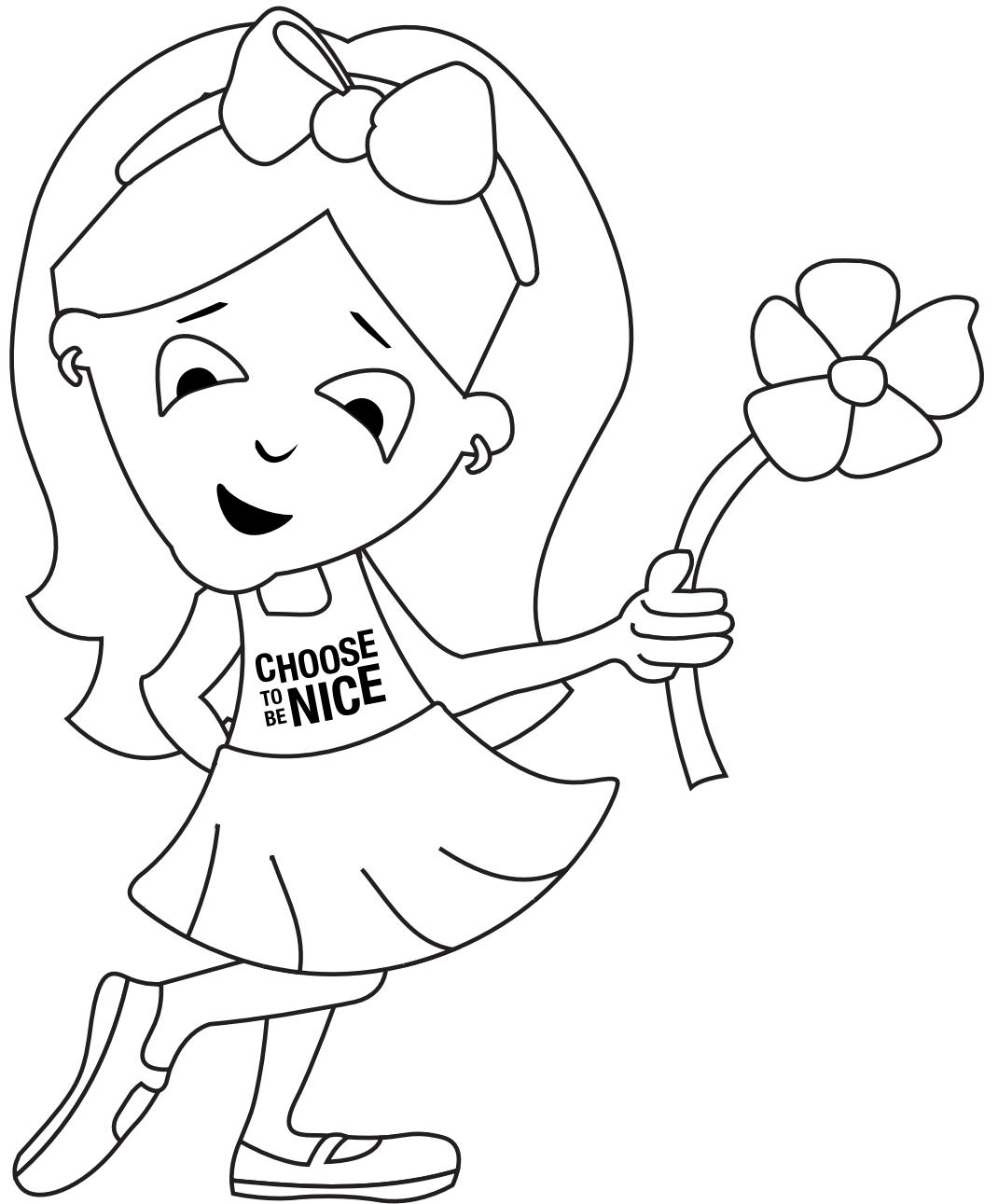
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