

Kindness Capstone Project Implementation • Day 1

During weeks 5-7 of our Kindness Capstone Project we will implement our four different projects while also connecting with each other in-class to both share successes and work through challenges that arise. Every Thursday and Friday are reserved for in-class work time.

Weekly Objectives

Students will:

- Implement their Kindness Capstone Project.
- Document their progress in their kindness journals.

Resources / Materials

- VIDEO:**
<https://youtu.be/J7x8tvcDeyo>
- WEBSITES:**
www.dosomething.org
www.rootsandshoots.org
www.twp-themovement.org

NOTE: If the internet is not accessible, print the project list page from each of these websites to pass out during class time.

Reflect / Assess

Deliverables:

- Kindness Journal Entry**
What did you choose to explain using only nonverbal communication?
Was it easy without verbal communication?
Why or why not?
- Daily Participation points

Share

Discussion Starter:

- What comes to mind when you think of active listening?
- Why is active listening so important to building up kindness in the community?



Inspire

Our goal today is to increase our knowledge and application of active listening skills as a vital skill during our three weeks of project implementation. You will be communicating with a wide range of community members, many that are not similar to yourself at all. However, with active listening we are able to clearly communicate what we hear, how we interpret what we heard, and ask for clarification when needed.

Watch the following video. Have students identify 3-5 pointers needed for active listening. If time is short, you can end the video at the 2:23 mark. https://youtu.be/BW82k7lwl_U

Eye contact, head nodding, paraphrasing what was said, restating what was said, asking clarification questions, and showing interest in the conversation are all key takeaways.



Empower

Active Listening Challenge

Divide the class up into random pairs. Each pair will require paper and pencils or markers and something hard to write on.

- Partners will sit with their backs up against each other.
- Partner #1 will take 1-2 minutes to sketch a quick image on the paper.
- They will then provide instructions to Partner #2 so they can replicate the image.
- Repeat by trading tasks.

After 10-15 minutes, reconvene to discuss what happened. Does active listening mean only listening to words? What was missing? How important is body language?

For homework, assign the following: Create a brief skit explaining how to do something, but with NO VERBAL COMMUNICATION. Examples are how to tie your shoes, how to bake a cake, etc. Be prepared to share in class tomorrow and see if your classmates can guess!

