



## FOR PURPOSEFUL THINKING

### LESSON NOTES

Children can understand that when they want to have a particular character trait, they need to learn how a person with that trait thinks.

*Willing Change* offers case studies to demonstrate the power of thoughts and development of individual self-concepts.

*Willing Change* was accredited by Curriculum Services Canada as a resource 2013-2018.

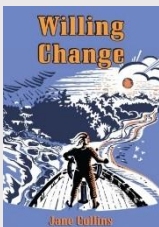
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# KINDNESS

## A WILLING CHANGE CHARACTER LESSON

### VERSES FOR YOUNG CHILDREN

I like to help, when my friends are sad,  
I use kind words, until they are glad.

**How do your words help others?**

I know others treat me just as I treat them,  
I give others kindness and get it back again.

**How do you want others to treat you?**

**How do you treat others?**

Sometimes my words are not very kind,  
So I say I am sorry, to ease my mind.

**Do you feel better after you say you are sorry?**

In this school together we learn and grow,  
We are kind to each other and it really shows.

**How do you know when your friends are happy?**

### DEVELOP MINDSETS TO SUPPORT YOUR INTENTION

#### What do kind people think?

- Being kind is easy.
- Being kind feels good.
- I like to be kind whenever I can.
- Everyone needs kindness.
- I like to give praise.
- I notice what others need and try to help.
- I like to share.

#### Who do you know when people are kind?

#### What do kind people say?

#### What do you like friends to say to you?

#### Why do you want to be polite?

#### What are your kind words?

#### *Kind Words and Phrases*

Let's share. Thank you. Please. It's your turn. I like you.  
You are nice. I like having you as a friend. I like to be with you.