

Jesuit Mission Planner Foundation

Kindness

The following unit of work is linked to Ignatian Spirituality, Jesuit Global Identities, Catholic Social Teachings, the 17 Global Goals and the Religious Education curriculum.

The overall unit utilises the Ignatius Pedagogical Paradigm- (IPP)

The Ignatian pedagogical paradigm is a way of learning and a method of teaching taken from the Spiritual Exercises of Ignatius of Loyola. It takes a holistic view of the world.

The three main elements are **Experience, Reflection, and Action.**

Unit title:	Kindness	Duration:	
Levels:	Foundation	Start date:	
Big Idea What is the overall understanding that you want the students to achieve?		Showing kindness helps others, and at the same time helps to surround us with love. Kindness and caring for others bring us closer to God. St Ignatius is a role model of someone who showed kindness and cared for others. Jesuit Mission shows kindness and care to people all over the world.	
Key Concepts What are the specific areas you will be investigating to achieve your Big Idea?		1. Kindness is shown in actions and words. 2. We can choose to be kind. 3. Many people such as St Ignatius and supporters of Jesuit Mission are role models of kindness. 4. Being kind is how we grow closer to God.	
Key Competencies: Highlight and add those that will be focused on and assessed within this unit.		Thinking Relating to others Using language and texts Managing self Participating and contributing	

School Value Links:	St Ignatius modelled kindness We strive to be Men and Women for Others- (Pedro Arrupe) Justice for all-Jesuit Global Identifier no. 5 Human Excellence- Jesuit Global Identifier no. 9
----------------------------	---

Host Curriculum Area:	Religious Education
Learning Outcomes:	By the end of this unit the students will... <ul style="list-style-type: none"> • have an understanding of what it means to be kind and recognise kindness in others. • demonstrate acts of kindness • see St Ignatius as a role model of someone who showed kindness. • be introduced to the Jesuit Mission and recognise how they support people through acts of kindness.
Supporting curriculum areas:	Wellbeing.
Unit Overview: The overall programme will utilise the Ignatian Pedagogical Paradigm- (IPP) The Ignatian Pedagogical Paradigm is a way of learning and a method of teaching taken from the Spiritual Exercises of Ignatius of Loyola. It is based on St. Ignatius Loyola's Spiritual Exercises	Theme: Kindness Learning Intention: Understand... It is good to be kind because it makes people happy, it helps to make friends and it stops people feeling unhappy. Who was St Ignatius and why is his story important? St Ignatius was a man who looked to show kindness to those who needed help. Who are our role models of kindness? How can we show kindness, at home, at school in the world?

and takes a holistic view of the world.

The three main elements are

Experience, Reflection, and Action.

**Possible Religious
Education Links:**
God, Religion and Life

Reasoning and Responding

...We are invited to discover that life has purpose and meaning, even beyond self-fulfilment.

...Responding with openness to transformation and with empathy for others.

Reaching Out

The dignity of the human person is the starting point for a vision for a just society – the Kingdom of God. From this vision, the Catholic school responds to a call to service, not just as a moral duty or obligation, but in a spirit of joyful loving that responds to the presence of God in each person encountered. In answering this call, the school reaches beyond itself to act for justice and the Common Good.

Personal and Community Engagement

Where the sacred is encountered in the ordinary. Learners grow into a sense of self as loved and loving, reflecting on ‘who I am’ and ‘how I am’ in relationship with others. This strand emphasises the full flourishing of the human person

	<p>Church and Community This is the mission of the Church: to build up the common life of believers and to reach out in dialogue and shared action for the common good and the unity of the human race</p> <p>Catholic Social Teachings Preferential Option for the Poor Dignity of the Human Person Common Good Subsidiarity and Participation Solidarity Stewardship of Creation</p> <p>Global Goals: GG <ol style="list-style-type: none"> 1. No Poverty 2. Zero Hunger 3. Good Health and Wellbeing 4. Quality Education 5. Clean Water and Sanitation 10. Reduced Inequalities </p> <p>Jesuit Global Identifiers <ul style="list-style-type: none"> • Global Citizenship • Care of Creation • Justice • Accessible for all • Global Network • 9 Human Excellence </p>
Jesuit Mission Project links:	<p>Jesuit Mission seeks to be kind by helping people in need. Focus on an introduction to several projects related to Water, Education and Nutrition.</p>

Suggested Learning Activities - Engaging the Students

Provide a scenario that depicts a kind act e.g. Somebody dropped their pencil and a classmate picked it up for them. Somebody was sad as they had no-one to play with and a classmate offered for them to join in their game. If you can use an actual example from the classroom, it would be more relatable.

Discuss: What word would we use to describe what the classmates did? Accept other words and elicit the word, 'kind'.

Alternatively/or use both, show the PowerPoint, Helping our Friends at School. (Twinkl)

Discuss: In any of the example scenarios, how do you think the act of kindness made both students feel?

Keep a list of words to complete the following sentence

Being kind makes us feel ... and make a classroom display.

What other ways can we see or show kindness?

Make a list of suggestions under the following headings, Ways we can be kind in the classroom, Ways we can be kind in the playground, Ways we can be kind at home or at the park.

Experience and Exploration

- **Kindness Sticks**

Teachers write the following on icy pole sticks and place in a tin/bucket for students to select one each.

- ✓ One kind thing I can do today is ...
- ✓ I can be kind to an animal by ...
- ✓ If I see someone sad I will...
- ✓ A kind word I can say to a friend is...
- ✓ I can be kind to my family by ...
- ✓ One way I can be kind to the environment is ...
- ✓ If I see someone being unkind I can ...
- ✓ I can show kindness in the classroom by ...
- ✓ I can show kindness to someone in the playground by ...
- ✓ I can show kindness and smile at ... today.
- ✓ My friend shows kindness to me by ...
- ✓ A job I can do to be kind is ...

Reflection: Prayer of Kindness (Based on Prayer of Generosity)

God, teach me to be kind.
To help others and to be happy.
To try hard even when I am tired.
God, I know that you love me and
So, I will try to be the best person that I can be.
Amen

Taking Action

After play break, sit and share acts of kindness that were witnessed in the playground.

- Use sticky notes to put names next to the acts of kindness and the action taken to be kind.
- In response to the work of Jesuit Mission, students consider how they too can be like St Ignatius and illustrate how they will show kindness- at home, at school, when out with parents, to people around the world who need extra love and care.

What went well?

What might you do differently next time?

Extra Resources: The Olive animation

<https://www.ignatianspirituality.com/a-story-told-by-an-olive/>

Staff Prayer: From Springboards: A deeper Ignatian Way by Father Christopher Gleeson S.J. 2020.

Lord, help me to understand that
Kindness is not just a single act,
But what I do in word and deed repeatedly
To build a climate of love around me.
Kindness is a candle to keep burning brightly.
It is respecting and encouraging others,
standing up to defend them when they face bullying and intimidation.
Help me to continue learning the lesson that
Life is about living generously in the service of others.
Life is about who I am and how I love.
May we allow the risen Christ to infuse our minds and hearts with the
grace of His kindness.
Amen

KINDNESS SPEAKING CARDS

Cut out the cards below. Take turns with your classmate to pick a card.
Speak for at least 2-3 minutes per question.

What does being kind mean to you?

Can you tell about a time
someone was kind to you?

How do you feel when you do
something kind for others?

What is one kind thing you can do
for a friend today?

How can we show kindness
to animals and the environment?

What are some kind words you can
say to someone who's upset?

What's one way you can show
kindness at home?

Do you think being kind can make
the world a better place? Why?

THE KINDNESS WAY

SENTENCE STARTERS

Think about small acts of kindness you can do and complete each sentence.

One kind thing I can do today is _____

A way I can be kind to animals is _____

If I see someone sad, I will _____

A kind word I can say to a friend is _____

I can show kindness to my family by _____

If I see someone being bullied, I will _____

One way I can take care of the environment is _____

When a friend is upset, I can _____

I can show kindness in the classroom by _____

KINDNESS MATCHING

Draw lines to match the situations with the correct actions.

A friend drops their books.

Pick it up and throw it in the bin.

Someone gives you a gift.

Show them the way to their class.

A new student is sitting alone.

Say thank you.

You see trash on the playground.

Explain the task to them.

Your parent is carrying heavy bags.

Ask if they want to talk about it.

A friend is having a bad day.

Help them pick up the books.

A neighbor's pet runs into your yard.

Offer to share your food.

A friend's pencil breaks during a test.

Help them with the homework.

A friend doesn't understand a task.

Invite them to play.

A friend is struggling with homework.

Help return the pet to its owner.

A student is lost in the hallway.

Offer them a spare pencil.

A friend drops their lunch on the floor.

Offer to help carry the bags.

KINDNESS

ROLE-PLAY SCENARIOS

Cut out the cards below. Take turns with your classmate to pick a card.
Role-play for at least 2-3 minutes per question.

A friend is feeling sad at recess.
How do you cheer them up?

Someone said something mean to you.
How do you respond in a kind way?

A classmate forgot their lunch.
How do you help?

Someone asks for help carrying things.
What do you do?

Your friend accidentally spills paint
on your work.
How do you react kindly?

You notice a classmate struggling
with a math problem.
How can you assist them?

A friend is nervous
about a presentation.
What can you do to encourage them?

You see a new student sitting alone.
*What can you say to invite them
to join your group?*

ST IGNATIUS OF LOYOLA

St Ignatius was born in 1491 in the city of Loyola in _____.

He had a job as a s_____



One day he got hurt. While he was resting he read some b_____.



He decided he wanted to be more like J_____.

St Ignatius spent a lot of time talking to



G_____.

He went back to school to study.



He met some special friends and started a group called the Society of Jesus to help the poor and teach people about Jesus.



?

?

?

is kind because she

?

?

?

?

?

?

?

?

?

?

?

?

?

?

?

?

?

?

?

?

?

?

?

?

I can be kind to my friends

I can be kind to my family

I can be kind to the environment