

Moozie's 1-minute-or-less KINDNESS LESSONS



To promote kindness to self, others, animals, and earth
in your classroom.

Created by Cathey Pilkinton for
moozie.org
Children's Kindness Network

THE VALUE OF KINDNESS

Just think what the world would be like if everyone was just a little kinder. That would not only affect this moment but could also have an effect for years to come. You can help make that happen. Kindness is powerful. Spreading your kindness makes others feel better, plus you feel better, and anyone seeing your kindness feels better. Whether you realize it or not, your kind acts build you as a role model of kindness, a role model especially important to those younger than you. Your kindness brings happiness to others.

The good news is that you have a partner in spreading kindness, Moozie the Cow, the Ambassador of Kindness. Moozie is a role model showing ways to spread kindness. Moozie's message of kindness reaches out to others, to animals, to the Earth, and even to ourselves. Your acts and your students' acts of kindness will make a difference at school, at home, and in the world.

As Moozie says, "Always be kind."

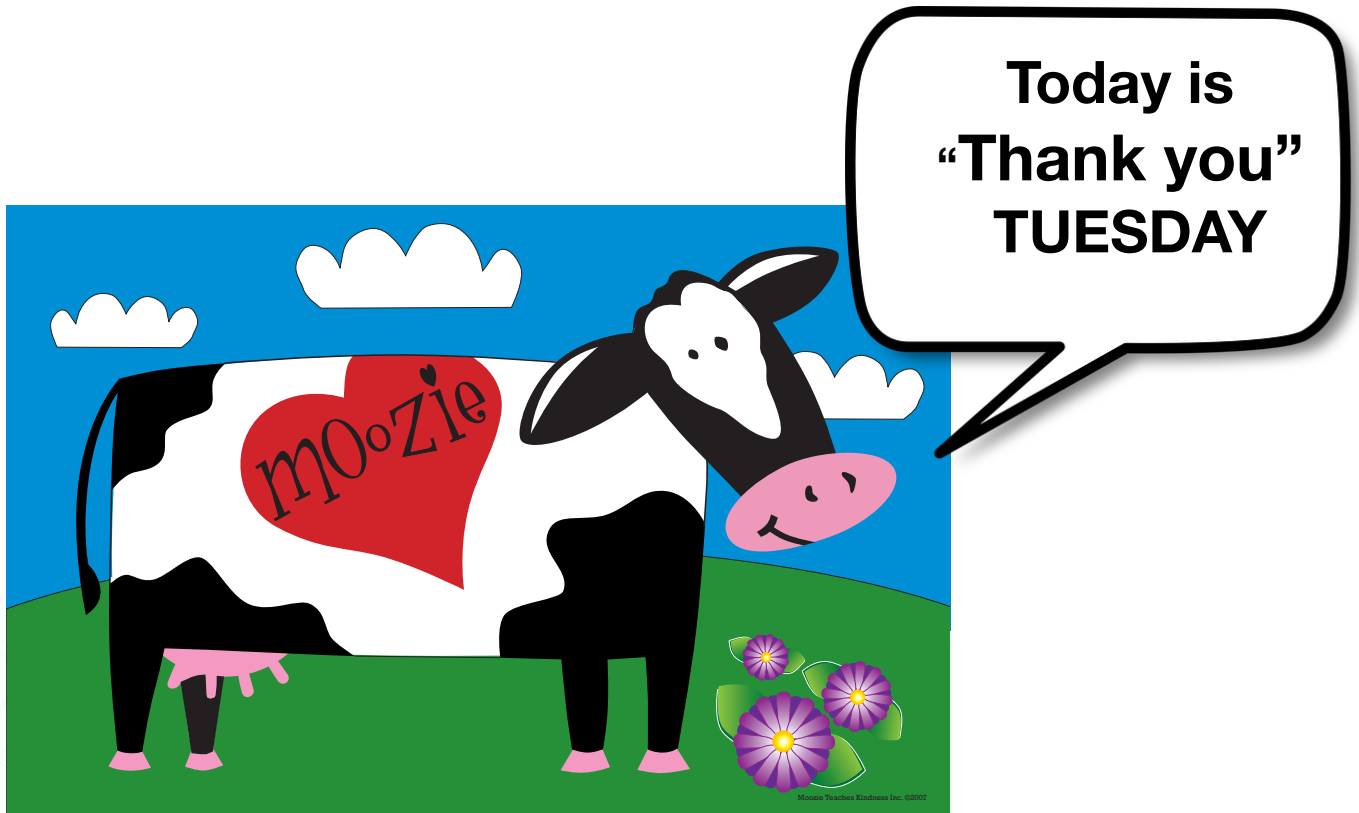
Ted Drier
Founder, CKN



You may purchase a Moozie puppet and book @ moozie.org store.

1. Moozie's Daily Kindness Challenge

- Create a space—a bulletin board or door area—for the Moozie cutout or your class mascot and the daily speech bubble
- Use the bubble to announce what the kindness for the day is
- Change the phrases daily; these can support curriculum, areas of kindness, or classroom needs



Classroom time: maybe 5 seconds!

Speech Bubble Ideas

- When you post the daily kindness idea on the speech bubble, the students will do the rest!

example: Today is “Thank You” Tuesday

Samples and Ideas for the middle of the speech bubble:

Try a new food	Be Kind
Smile	Tattle Free
“Hello”	Listen
Kind Words	Be Helpful
Praise Others	Reading
Kindness	Take Turns
Reuse	Share
Pick up litter	Friends
Clean Up	High 5
Follow Directions	Good Manners
Be Positive	Sort recyclables
Encourage someone	Be Cooperative
Trustworthy	Finish It Up Friday
Learn something new	Moo Monday!
Math facts	
Shapes	
Sounds	
Word list	
Draw a picture for a friend	
Read a book to/with a friend	

- Focus ideas on the 4 areas of Moozie’s Kindness:
Self — Others — Animals — Earth
and on your curriculum skills

A black-outlined speech bubble with rounded corners and a tail pointing towards the bottom-left. It contains the text "Today Is" and "MONDAY".

Today Is

MONDAY

A black-outlined speech bubble with rounded corners and a tail pointing towards the bottom-right. It contains the text "Today Is" and "TUESDAY".

Today Is

TUESDAY



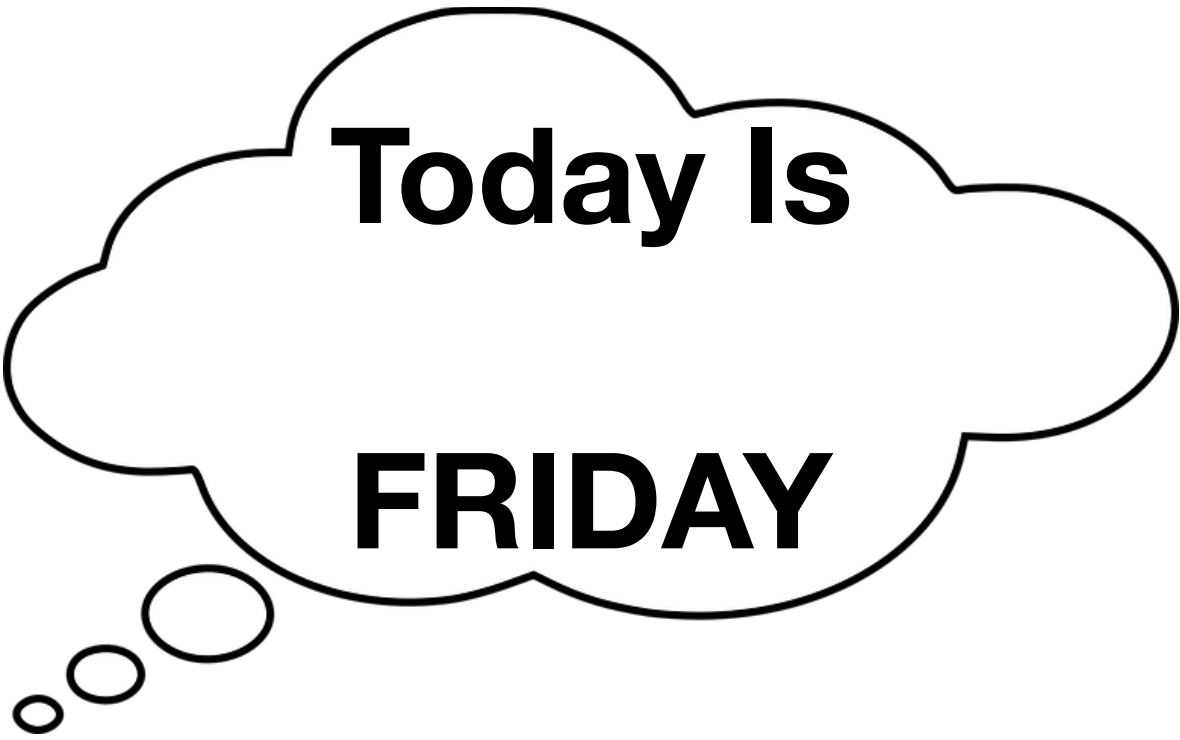
Today Is

WEDNESDAY



Today Is

THURSDAY



2. High 5's

- Hold Moozie puppet
- Each finger expresses a kindness or rule
- Move a finger as you say one of the five words or phrases
- Wiggle fingers or close hand & open with "I Can Do It!"

High 5's for Kindness

by Moozie,[®] Our Ambassador of Kindness



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Classroom time: maybe 10 seconds

High 5's for Kindness

by Moozie,[®] Our Ambassador of Kindness



High 5's for Kindness

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High 5's for Kindness

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High 5's for Kindness

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When we are responsible, it makes Moozie Mooooo!

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3. Sing or Rap a Little Kindness

- I am kind
I am kind
I can make a difference
I am kind

- I am kind
You are kind
We can make a difference
We are kind

- *(To the tune: "Farmer in the Dell")*

Moozie is kind
Moozie is kind
Moozie is a kind cow
Moozie is kind.

Moozie says* "please"
Moozie says "please"
Moozie is a kind cow
Moozie says "please."

- *Other phrases to use:-*

Moozie says "thank you"*
... "share"
... "excuse me"
**[child's name] said

[Name] is my friend.
(repeat)
[He/She] likes to play with me
[Name] is my friend.

Moozie met a friend
(repeat) "
When [name] came to school
today
Moozie met a friend.

*share with me
*laugh with me
*build with me

The MOO Song

* Moozie says moo-o-o; how about you? (child says kind word)
Moozie says moo-o-o; how about you? (child says kind word)

**Brainstorm kind words, then pass the Moozie puppet to students a few at a time. Moozie says MOO for good work!*

** (To the tune: "Wheels on the Bus" and add actions)*

We help at home by *making our beds
Making our beds
Making our beds
We help at home by making our beds
It is kind-to be helpful.

- * cleaning our plates
- * sweeping the floor
- * picking up our toys
- * feeding the dog
- * planting seeds or(a tree)
- * recycling the trash
- * other classroom (kindness) needs

** (To the tune: "Mary Had a Little Lamb")*

(Name) was kind today, kind today, kind today
(Name) was kind today
He/She had nice words to say.

- * He/She followed all the rules.
- * He/She helped clean the room.
- * He/She shared with (name)

- *(To the tune; “Do You Know the Muffin Man”)*

Do you know my good friend (name)?

My good friend ____, My good friend ____?

Do you know my good friend ____?

He’s/She’s my special friend.

Do you know a find word, kind word, kind word?

Do you know a kind word to say to a friend?

*Point to a child who responds with a kind word such as “please”,
“thank you,” “excuse me,” etc.*

- *(To the tune: B-I-N-G-O)*

There is a shape, it stands for love,

And heart is its name-o

H-E-A-R-T

H-E-A-R-T

H-E-A-R-T

And heart is its name-o.



Classroom time: maybe 10 to 15 seconds!

4. Book Wrap-Ups

Amid story reading:

- if children hear kindness, they indicate with a thumbs up

At the end of reading ask:

- did we read about kindness?
- what was it?
- and problem solve places where kindness could be used



Classroom time: 1 minute!

5. Review the Day and Celebrate Kindnesses (teacher discretion)

- Ask “What was Moozie’s kindness today?” (the speech bubble)
- Ask simple kindness prompts; use thumbs up/down:
 - “Were you kind today?”
 - “How did it make you feel?”
- “How can you be kind as you leave?”



Send students home with kindness!



Classroom time: 10 seconds or more!