

Mini-Kindness Boost Example.
**Theme #2 “Creating Objects of Beauty through Aesthetics
and Nature.” 4-10 years of age**

What does kindness look like? How does kindness feel?

Time: 5-10 minutes

Steps: Do this activity when you have at least 10 consecutive minutes and 5 minutes at another time of the day.

Teacher-Generated Lesson Idea: Leave the classroom 10 minutes before a natural transition, like lunch. Take the class outside to sit or lay on the grass, below a tree, or in a garden on school grounds for silent reflection and observation. Note: It is not recommended that food be part of this activity as it might be too distracting.

Student-Generated Lesson Idea: Ask students: What is one way that we can take a break and enjoy something **beautiful** or in **nature** that is in or outside our school right now? Please share an idea with a partner.

Ask students to share ideas with the group and determine which idea works using typical classroom procedures. **NOTE:** If the weather is poor, there might be an indoor place with artwork that might work, or there might be a piece of classical music the students could listen to with their heads down on their desks or the lights off.

Implement the teacher-generated lesson idea or the student-generated lesson idea.

After students complete the action, ask them questions using the following prompts: How did this activity help you feel more **relaxed** or more **peaceful**? What did you notice through your eyes and ears, and how did that make you feel? Did taking a break like this help you? Why or why not? What would the world be like if everyone had a break like this every day? Why is it good to take **care** of yourself by being **kind** to yourself with breaks where you see, hear, or experience something beautiful or that is in nature?

Share and discuss as time allows.