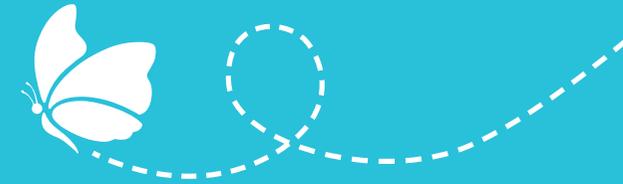


Do It For Dolly Day

# Week Lesson Plan

for Early Learning Centres



# DAY 1 WHAT IS KINDNESS?



## Learning Focus

**Understanding what kindness means.**



## Introduction

"This week we are learning about kindness - that means being caring, helpful, and friendly to others. Can anyone tell me what kindness means to you?"



## Guiding Questions

"What does it feel like when someone is kind to you?"  
"What are some ways we can be kind at kinder/day care?"



## Activities

Read a story about kindness - suggestions below

'Be Kind'

by Pat Zietlow Miller

<https://youtu.be/t6NUJ2Jz50?si=eM2tXaW7ulTiJ6l4>

or 'Kindness is my Superpower'

by Alicia Ortego

[https://youtu.be/6P-Y\\_M9q7RM?si=xvOpbOU9SQuv\\_Dmt](https://youtu.be/6P-Y_M9q7RM?si=xvOpbOU9SQuv_Dmt)

After reading:

"What kind things did the characters do? How did it make others feel?"

Activity:

- ★ Children decorate paper hearts with drawings of kind actions (sharing toys, hugging, helping friends).
- ★ Display on a "Kindness Wall"



## Reflection Prompt

“ One way I can be kind is... ”



# DAY 2 KIND WORDS, KIND HANDS



## Learning Focus

**Using kind words  
and actions.**



## Introduction

"Today we're learning about using kind words and kind hands. That means our words make others feel good, and our hands help, not hurt."



## Guiding Questions

"What are some kind words we can use every day?"

"What can we do with our hands to show kindness?"



## Activities

### Sing the Kindness Song:

"If You're Kind and You Know It"

<https://youtu.be/RaTRbkF6pOk?si=VPkBWES-wPIHa27Q>

(to the tune of If You're Happy and You Know It) - e.g., "If you're kind and you know it, give a hug..."

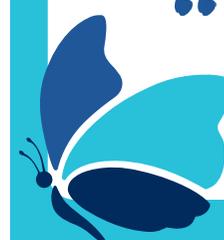
### Activity:

- ★ Handprint art - each child prints their hand on a large poster titled "Our Kind Hands" and says one kind word aloud.



## Reflection Prompt

**"Today, I used my  
hands to..."**



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# DAY 3 HELPING OTHERS



## Learning Focus

**Acts of helping make people feel cared for.**



## Introduction

"Today we're learning how helping others can make us feel happy inside and make others feel special."



## Guiding Questions

"How do you feel inside when you help someone?"

"How do you think the other person feels when you help them?"

"What might their face or body look like when they feel cared for?"



## Activities

Read a story about kindness - suggestions below

'Have You Filled a Bucket Today?'  
by Carol McCloud

<https://youtu.be/iF6NEvfSlro?si=WKIFsiIA9mUBKIBZ>

**After reading:**

"What did it mean to fill someone's

bucket? How can we fill someone's bucket today?"

**Role Play Activity:**

★ Practice helping - picking up toys together, asking "Would you like to play?", offering a hug.



## Reflection Prompt



**"Today, I helped someone by..."**



# DAY 4 CELEBRATING FRIENDSHIP



## Learning Focus

**Appreciating and including friends.**



## Introduction

"Friends make our days happy!  
Today we are celebrating what makes our friends special."



## Guiding Questions

"What do you love about playing with your friends?"  
"How can we make sure no one feels left out?"



## Activities

Play the kindness game - suggestions below

Game:

- ★ Friendship Circle – children pass a soft toy around, and when holding it, say one kind thing about the person next to them.

Art & Craft:

- ★ Make friendship bracelets (string and beads) or necklaces to give to a friend.

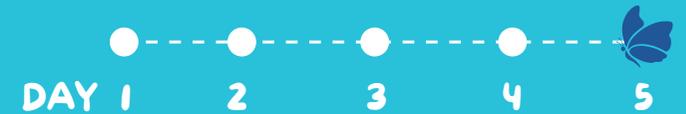


## Reflection Prompt

**" I like playing with my friends because... "**



# DAY 5 DO IT FOR DOLLY DAY CELEBRATION



## Learning Focus

**Spreading kindness in our community.**



## Introduction

"Today is a very special day – Do It For Dolly Day! This day is all about spreading kindness, helping others, and making sure everyone feels safe and happy."



## Guiding Questions

"How can we tell if someone is feeling sad or left out?"

"What can we do if we see someone looking lonely?"

"What could we say to help them feel happy again?"



## Activities

### Dress in Blue & Heart Symbols:

Wear blue or heart stickers to show kindness.

### Kindness Parade:

★ Children walk around the classroom/ play area showing off their kindness artwork and bracelets from the week. Invite parents or other classes if possible.

### Song:

★ End with a kindness song/dance party.

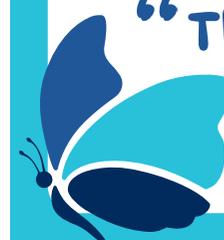
### Kindness by The Juicebox Jukebox

[https://youtu.be/H98Rfljxmsc?si=N\\_DAPEFaPGIwho1B](https://youtu.be/H98Rfljxmsc?si=N_DAPEFaPGIwho1B)



## Reflection Prompt

**“This week, I showed kindness by...”**



**DO IT FOR Dolly DAY**

