

The Power of Kind Words

How do inclusiveness, fairness, and kindness build us up? This experiment, using two eggs, water, and salt, will help to illustrate this concept!

Inclusiveness Sub-Concept(s)

Fairness, Kindness

Lesson Timeframe

25-30 minutes

Required Materials

- 2 eggs
- Large container of salt
- 1 spoon
- 2 clear cups filled halfway with water
- Scientific Method Cards (one copy for each student and one for the teacher)
- Sequencing page (one per student)
- Scissors
- Gluesticks

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



**DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.**

See last page for details.

Lesson Objective

Students will be able to:

- Explain the power of kind words and inclusiveness.
- Practice fairness through a science experiment.
- Demonstrate inclusiveness through kind words and fair gestures.

Teacher Connection/Self-Care

How does fairness affect us as teachers? You are required to break up disagreements numerous times a day and teach others how to exercise fairness in a variety of settings, but the concept seems elusive to even adults at times. Although fairness has two meanings, for this unit we are focusing on the ability to include others without showing favor. However, this skill is often overlooked in adulthood. Favoritism cannot be ignored as most people have experienced both sides of this double-edged sword. How can you consciously choose fairness in your day to day interactions with others? What subconscious tendencies do you have that may cloud your judgment? It might be a certain type of personality, a clique that has formed with close friends, or even getting stuck in the same routine every day during lunch. In order to practice fairness within your own world, you must first break out of your comfort zone and seek beyond the “usual”. Ask yourself this question each day this week: How can I treat people in a way that does not show favor for some and not others? Identify one action step you can take to move forward in your quest for fairness!

Tips for Diverse Learners

- Record the scientific method process using this simple handout for advanced learners: <https://www.pinterest.com/pin/161637074101292687/>
- Review the experiment step by step in its entirety before moving forward to increase comprehension.



Share

5 minutes

Ask for ideas on ways to practice inclusiveness when a new student starts in the middle of the school year. How can we include them in our classroom so they feel special and valued?



Inspire

Fairness and Inclusiveness

7-10 minutes

How do you feel when you are left out? Have you ever asked to join a game and the other children said no, or worse, they laughed at you? Fairness is treating others in a way that does not favor some over others. Every time we use kind words and fairness to include others, it makes them feel good about themselves. Treating others fairly is a choice; a choice you make every day. Remember, when we only choose our favorite friends and leave out others, that is unfair. Let's brainstorm ways to show fairness throughout the day!

- How can you show fairness during our center time?
- How can you show fairness on the bus?
- How can you show fairness on the playground?
- How can you show fairness during quiet time?



Empower

10 minutes

Explain that the class will now complete a science experiment to illustrate the power of kind words, fairness, and inclusiveness on others. Since this is a science experiment, review the scientific method using the cards below. If you have advanced learners that can read and write, provide them with a blank scientific method worksheet to write down their own answers.

1. Ask A Question: Does using kind words, showing fairness, and practicing inclusiveness make others feel better about themselves?
2. Hypothesis: When we use kind words, show fairness, and practice inclusiveness others around us feel happy!
3. Test: Place 2 clear cups filled halfway with water on the table.
 - a. Drop one egg in the first cup. Explain that this egg represents a person who is constantly left out at school. They hear hateful words. They are never picked for the fun games. No one wants to include them. The egg dropped to the bottom of the cup. They are too sad to float.
 - b. Drop the second egg in the other cup. It sinks at first as well. But wait. Have each child add a spoonful of salt to the cup while saying something nice, fair, or inclusive to the "person". Each spoonful of kindness, fairness, and inclusiveness is lifting them up. Repeat this until the egg is floating.

4. Record: The left out egg sank to the bottom. The lifted up egg floated to the top of the water.
5. Conclusion: Kindness, fairness, and inclusiveness affect all of us in a positive way. We feel good when others use kind words, show us fairness, and practice inclusiveness when we are together!



Reflect

5-10 minutes

Give each student a sequencing page (see below) and have them cut/glue the scientific method for the activity to show comprehension. After they have completed the worksheet, ask them to retell you the experiment using the words kindness, fairness, and inclusiveness.



Extension Ideas

- Place the tools for experiment and the sequencing cards below in your science center for further exploration with supervision during centers.
- Repeat the experiment using other previously learned concepts- Respect, Self Care, Caring, Gratitude, Helpfulness, Compassion, Inclusiveness.



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AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

Scientific Experiment Page

	<p>Ask A Question</p> <p>Does using kind words, showing fairness, and practicing inclusiveness make others feel better about themselves?</p>
	<p>Hypothesis</p> <p>When we use kind words, show fairness, and practice inclusiveness others around us feel happy!</p>
	<p>Test</p> <p>Place two clear cups filled halfway with water on the table. Drop one egg in the first cup. (Draw an arrow showing it sinking.) Drop the second egg in the cup. (Draw an arrow showing it sinking then rising up to the top with a heart off to the side.)</p>
	<p>Record</p> <p>The left out egg sank to the bottom. The lifted up egg floated to the top of the water.</p>
	<p>Conclusion</p> <p>Kindness, fairness, and inclusiveness affect all of us in a positive way. We feel good when others use kind words, show us fairness, practice inclusiveness when we are together!</p>

Sequencing Page

1	
2	
3	
4	
5	

