



Judging Others: Kindness

For Coach

It's one thing to be aware of diversity around us, like we talked about last lesson; it's another thing to proactively show kindness to those who are different. In fact, sometimes it's easier to be kind to others who have extreme differences from us than others who are similar but have minor differences. For example, you can show tolerance when someone has different religious or political beliefs. But, when someone shares your religious or political beliefs but does one little thing differently, that can be difficult to accept. Today we want to talk about showing kindness no matter how great or minor the differences are. For kids, a child of a different race is obvious, but a child with different taste in music or hobbies might need to be pointed out that they need kindness.

Warm-Up

10-15 min

Stretch 4 warm-up stretches

Talking Points What is the difference between appreciating others and being kind to others?

Did last week's lesson about different cultures lead to any interesting conversations about diversity this week?

What are some ways that people are different from each other, aside from race, culture or religion?

Jog 8 minutes

Exercise

35-45 min

Name Line Runs

Equipment Large area
Stop watch

Description Have the kids get in one big line at a starting line of a circular running path. Kids will stay in the line and begin running at a light jog. Remind them that they are pacing themselves and they should be giving about 50% effort. Once they start running, the kid at the back of the line will run to the front of the line, passing alongside the group. Encourage the group to yell compliments and other encouragements to each runner as he passes. As soon as the runner reaches the front, he or she will yell, "GO!" and the kid that is now at the back of the line will run to the front. This will continue for about 10 minutes. Then, take a water break.

The next round of Line Runs, the kids will shuffle sideways and perform the exercise in the same manner as the jog, for 10 minutes. Have them switch directions halfway through to work the other leg. Take a water break.

The final round will be the same as the first, jogging the Line Run. They will be pretty tired by this point, so they will probably need extra encouragement.

Cool-Down

15-20 min

Jog 7 minutes

Stretch 4 cool-down stretches

Discussion How did you feel when the group was cheering for you?
Questions Do you have an example of a time where you were different than everyone around you? Did anyone show you kindness? Have you thought of the person that you are going to set up a time to chat with for our weekly goal? Any ideas about questions to ask?

Goal Setting
5 min

Have the kids brainstorm someone they know that is different than them and then set up a time with them to learn about their culture, traditions and other unique traits.
