

7th Grade N.E.S.T. Plans

KINDNESS CALENDAR

Coming Up this Week

This week students will check in and share out on Monday. On Tuesday and Wednesday, students will learn about the December Kindness Calendar and plan how they can execute some of the kindness acts this month. On Thursday, they will spend the morning spreading kindness. Friday is NEST Choice Day.

Routine Reminder

Students should walk into the meeting area and answer the DAILY NEWS on the board(s), get into their CIRCLE, and listen to the morning announcements. After morning announcements, students GREET each other. Once each student was greeted at least once the group may begin to CHECK-IN. After each student has had the opportunity to check-in the group may begin the ACTIVITY.

5 minutes before transition, the group may REVIEW the answers on the daily news board and/or REFLECT on the activity.

Day One

OBJECTIVE: Students will check in and share out.

Materials Needed: none

1. **Daily News:** Make a Change Monday! What can you do to make a positive Change in the World?

2. **Greeting:** Everyone Greets and is greeted (students sit in a circle)

3. **Formal Sharing/ Check-in-** Check in and Share out.

4. **Activity: (5 min)**

- Review Daily News.
- Discuss with students the meaning of the holidays. Express to students that this is the season to be reminded that spreading kindness has a big impact on those around us. What can we do to be more kind to one another? Can we only show our kindness and gratitude by giving each other gifts? What else can we do?

5. **Review Daily News and Discuss:**

Ask the following questions to guide students in reflection:

- Done in the activity

Day Two

OBJECTIVE: Students will learn about the Kindness Calendar Challenge.

Materials Needed: Kindness Calendar, projector, laptop (for video)

1.Daily News: Good Morning N.E.S.T.. What have you done this month to show kindness?(5 minutes)

2.Greeting: Everyone Greets and is greeted (students sit in a circle)

3.Formal Sharing/ Check-in: (5 minutes)

4. Activity: Kindness Calendar

- Ask students: What is kindness?
- Show students these two videos
 - <https://www.youtube.com/watch?v=wfsPdFNQA10>
 - <https://www.youtube.com/watch?v=bH5ozEo1Ao4>
- Discuss what students took away from the videos
- Show students the Kindness Calendar (see below- found under supporting documents on Weebly.)
- Propose the challenge- The challenge is to accomplish each kindness task by the end of 2021.
- Tomorrow students in your N.E.S.T. will discuss how they will work together to complete all the activities listed in the calendar (Tip: Be creative. I suggest dividing the tasks amongst your advisees. Therefore, you're dividing and conquering all the acts of kindness.)

Winter Kindness Calendar 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
5 Tell silly jokes to make someone laugh	6 Make a card for a soldier	7 Let someone go ahead of you in lunch line	8 Candy cane bomb a parking lot	9 Do a chore for someone in your family	10 Give a compliment to a friend	11 Take treats to the fire or police station
12 Leave a happy note for someone to find	13 Smile at everyone you see today	14 Do a secret act of kindness for someone	15 Give yourself a kind compliment while looking in the mirror	16 Sit next to someone new at lunch	17 Make cookies for another advisory	18 Write someone you don't speak to a short sweet email.
19 Send post cards to children at Hasbro Hospital	20 Pick up litter	21 Write a positive quote on a post it and stick it on someone's locker.	22 Say thank you to someone who made a difference.	23 Send a letter to someone in a nursing home.	24 Write 2-3 things you are grateful for	25 Donate your gently used toys/clothing

4. Review Daily News and Discuss: (5 minutes)

Ask the following questions to guide students in reflection:

- Why did you do it? How did it make you feel?

Day Three

Objective: Students will plan how to complete acts of kindness.

Materials Needed: depends on N.E.S.T. needs

1. **Day Two Daily News:** Have you performed any of the acts of kindness from the Kindness Calendar ? (Yes/No)
2. **Day Three Daily News:** Name the kindest person you know.

2. **Greeting:** Everyone Greets and is greeted (students sit in a circle)

3. **Formal Sharing/ Check-in: (Check In)**

4. Activity: Kindness Calendar

Procedure:

- Remind students of the Kindness Calendar that was shown yesterday.



The image shows a 'Winter Kindness Calendar 2021' with a decorative blue and white border. The calendar is a grid with columns for the days of the week and rows for dates. The activities are listed in the cells of the grid.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
5 Tell silly jokes to make someone laugh	6 Make a card for a soldier	7 Let someone go ahead of you in lunch line	8 Candy cane bomb a parking lot	9 Do a chore for someone in your family	10 Give a compliment to a friend	11 Take treats to the fire or police station
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- As an N.E.S.T. create a plan on how to execute at least 5 acts of kindness by the end of this week. (*Hint: Use the post-its that are in your N.E.S.T. bins for one of the acts of kindness.*)
- Work on the acts of Kindness in N.E.S.T. today and tomorrow.
- If time allows- play this motivational video:
 - <https://www.youtube.com/watch?v=GdYJr03eJjE>
- If needed, participate in a teambuilding activity. Remember team building activities are found on the weebly site on the main page (click on the word "N.E.S.T." to get to the main page.)

5. Review Daily News and Discuss:

Ask the following questions to guide students in reflection:

- What can we do to continue to grow closer this year?

Day Four

Objective: Execute some of the kindness acts chosen.

Materials Needed: none

1. **Daily News:** Freaky Thursday-If you can change places with anyone in the world who would it be and why?

2. **Greeting:** Everyone Greets and is greeted (students sit in a circle)

3. **Formal Sharing/ Check-in: (Check In)**

- As the advisor, create a plan on how to spread kindness today. Get out of your N.E.S.T. location to spread kindness around the school or even outside of school in our Central Falls Community!

Day Five

Objective: Students will participate in NEST Choice Day

Materials Needed: depends on advisor

Daily News: Festive Friday- What's your favorite holiday or event?

Greeting: Everyone Greets and is greeted (students sit in a circle)

Check-in: (5 minutes)

4. **Activity:**

N.E.S.T. Choice Day

Celebrate doing something your advisees love 😊