

CURRICULUM GUIDE



978-0-310-15255-2

Race to Kindness

BY

Orion Jean

TIME 2021 Kid of the Year

ILLUSTRATED BY

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*Come join our race where kindness begins,
Where everyone's welcome and everyone wins!*

T HIS INSPIRING PICTURE BOOK, written by TIME 2021 Kid of the Year Orion Jean, invites students to join in the kindness movement, because when we dream big and work together, we can change the world!

*So lace up your sneakers, get ready to run.
This race to kindness is so much fun!*

DISCUSSION QUESTIONS

- ★ How do you feel when you look at the first two illustrations in the book? What details in the illustrations help create this feeling?
- ★ Look carefully at the type used in the text of the story. Why do you think some words are written in all capital letters?
- ★ In the story, one way to show kindness is to “brighten the day of a friend feeling down.” What does it mean to brighten someone’s day?
- ★ The book lists several ways to show kindness. Identify an example from the story that describes what happens when a person shows kindness to others.
- ★ Hunt through the book to find action words (verbs). Make a list of these verbs and brainstorm how you might use them as a starting point for showing kindness to others.
- ★ With a partner, identify at least three different settings in the story. What would you do to show kindness in each setting? Discuss your ideas with a partner.
- ★ Look carefully at the illustration of people in a park. How many examples of people showing kindness you can find in this detailed illustration?
- ★ At the end of the book, read the description of how author Orion Jean’s race to kindness journey began. What first steps did he take to spread kindness? What is Orion’s ultimate goal?



ACTIVITIES

Say Thank You

Think of someone who is important to you at school. Design and write a thank-you card for your important person. In your note, include specific details about what you appreciate about them. Deliver your thank-you card!

Spread Kindness

Design kindness posters to be displayed around your school. Use phrases from the story that promote kindness and brainstorm new slogans to promote kind behavior.

Kindness Days

Designate a day when everyone “keeps their eyes open for deeds to be done or kind words to be spoken.” Record on chart paper what students observe about opportunities in the class and on the playground for kindness to be shared.

The following day, extend observations into action. Invite students to adopt a “kindness mindset” for the day. At the end of the day, have class members share what they did to show kindness in the class and on the playground. Check to see if any of the acts of kindness match the list of possible opportunities to show kindness that were recorded earlier.

Welcome Wagon

Brainstorm a list of ways to help a new student or new family to the neighborhood feel welcome. Explore how it feels to be welcomed into a new environment versus ignored.

Kindness Chain

Create a class paper chain of kindness. Write one act of kindness completed by someone in the class on a strip of paper. Link the strips to an ever-growing paper chain that can be displayed in the classroom.



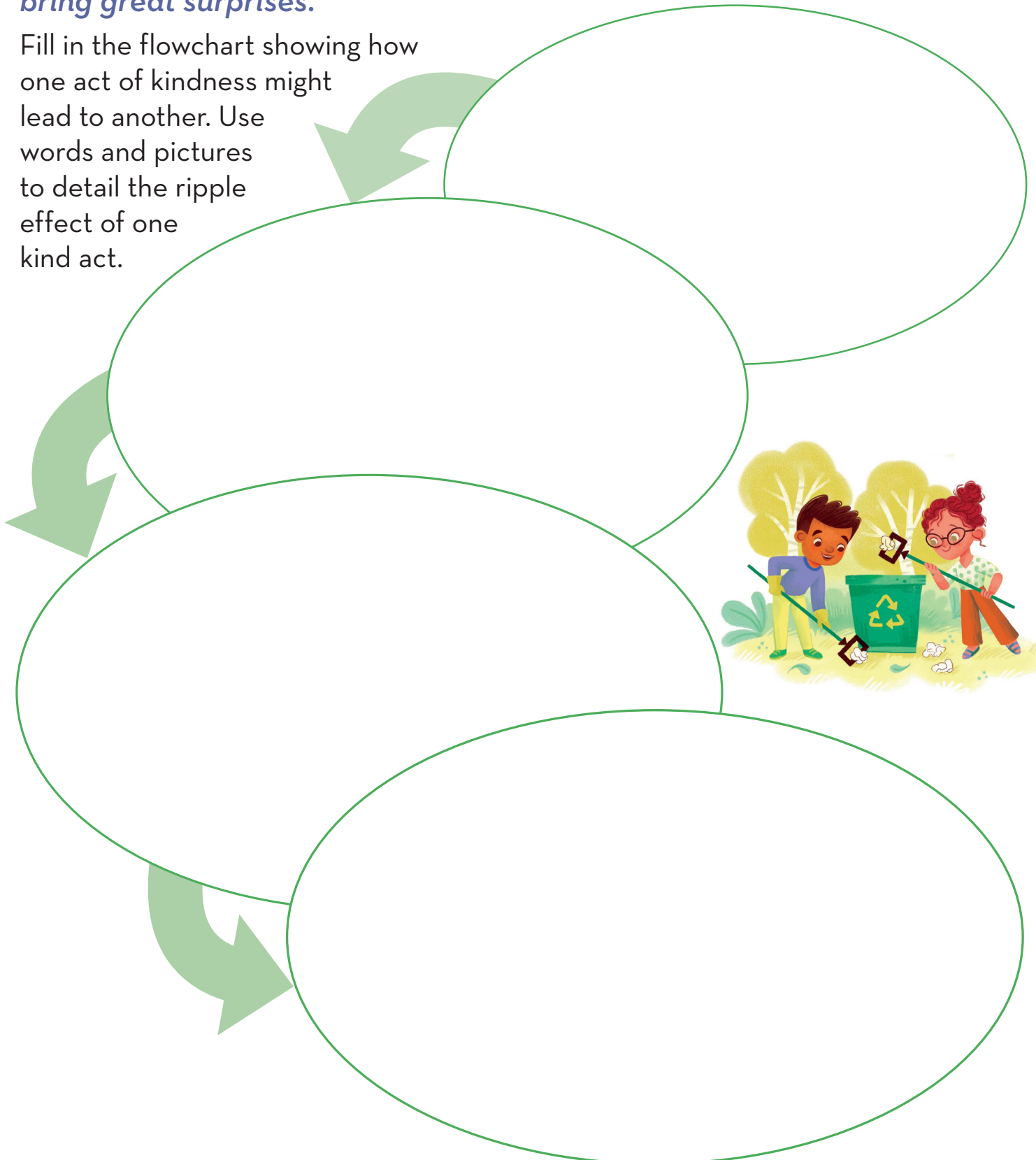
The discussion questions, activities, and worksheets in this guide were created by Leigh Courtney, Ph.D. She teaches in the Global Education program at a public elementary school in San Diego, California. She holds both master’s and doctoral degrees in education, with an emphasis on curriculum and instruction.

Name: _____

CHARTING THE RIPPLE EFFECT

“Kindnesses come in all shapes and sizes . . . their ripple effect will bring great surprises.”

Fill in the flowchart showing how one act of kindness might lead to another. Use words and pictures to detail the ripple effect of one kind act.



Name: _____

RHYME TIME

The author uses rhyming words to teach about ways to show kindness. Look back through the story and identify pairs of rhyming words. Add the pairs to the chart.



Rhyming word #1	Rhyming word #2

Name: _____

KINDNESS SPOKEN HERE

How do people speak to one another when showing kindness? Record these words and phrases in the speech bubbles or add your own ideas for words of kindness!

