



Lesson Plan : Famous quotes

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."
- Desmond Tutu

What do these words mean to you?

What do you think he means when he says 'overwhelm the world'?

What little bit of good might you do today?



Lesson Plan 3: Famous quotes

"If you want others to be happy, practise kindness.
If you want to be happy,
practise kindness."
- The Dalai Lama*

What do these words mean for you?

How do you feel when you are kind to someone else?

How do you feel when someone is kind to you?

(*The Dalai Lama uses the word 'compassion' which means kindness)



Lesson Plan 3: Famous quotes

"Be kind to yourself then let
your kindness flood the world!"
- Pema Chodron

What do these words mean for you?

Why is it important to be kind to yourself?

In what ways might you be kind to yourself today?



Lesson Plan 3: Famous quotes

"No act of kindness is ever wasted."
- Aesop (ancient Greek storyteller)

What do these words mean for you?

Do you think being kind is ever a waste?

Can you think of one small act of kindness that's made a difference to you?



Lesson Plan 3: Famous quotes

"Be the change you wish to
see in the world."
- Mahatma Ghandi

What do these words mean to you?

There are lots of wonderful things about the world but are
there any changes you would like to see?

What kind of things could you do to help create a happy world?



Lesson Plan 3: Famous quotes

"If you want to lift yourself
up, lift someone else up."
- Booker T. Washington

What do these words mean for you?

What do you think he means by 'lift yourself up'?

How could you lift someone else up today?



Lesson Plan 3: Famous quotes

"Be the rainbow in
someone else's cloud."
- Maya Angelou

What do these words mean for you?

How might you be a 'rainbow in someone else's cloud'?



Lesson Plan 3: Famous quotes

"Never look down on anybody
unless you're helping them up."
- Jesse Jackson

What do these words mean for you?

What do you think it means to 'look down' on somebody?

How could you help someone today?



Lesson Plan 3: Famous quotes

"Kindness is like a
boomerang: it always returns."
-Unknown

What do you think this means?

In what ways might kindness return?

Can you think of an example?



Lesson Plan 3: Famous quotes

"I think probably kindness is my number one attribute in a human being. I'll put it before any of the things like courage or bravery or generosity or anything else."
-Roald Dahl

What do you think he means?

An attribute is a characteristic. Do you agree that kindness is the most important characteristic that a person can have?

Why is kindness important?



Lesson Plan 3: Famous quotes

"Kind words can be short
and easy to speak, but their
echoes are truly endless."
– Mother Teresa

What do these words mean for you?

In what way do kind words echo?

Can you think of some kind words you could use today?