

Kindness Flower Seed Bombs

Welcome to RAK Week! RAK stands for Random Acts of Kindness. Every year we encourage others to take time this week to really focus on kindness and how they can dive deeper to spread RAKs within their community. *This one pager gives a simple, yet effective lesson plan for your classroom for RAK week.* Each day should take you about 15-20 minutes (excluding prep/clean up.). You can extend the activities if desired using the Extensions section on the left side of each day. However, simply doing the activity each day is more than enough to bring home the value of Random Acts of Kindness and the impact it has on others, regardless of your age! Check out [The History of RAK Week](#) for more info!

Materials: 3-5 packs Native Flower Seeds, 3-4 colors of paper (you need 3-5 sheets of each color per group), water, 3-4 bowls per group, muffin tins.

Daily Lessons

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| <p>Day 1 Extension
 <u>Read Aloud:</u>
 Seeds of Kindness by
 Rose Bunting
 Read Aloud Link</p> |  | <p>Day 1- Native Seed Research
 Explain RAK week and how the class will create Kindness Flower Seed Bombs to spread kindness beyond the classroom. Optional- create a Flower Seed Bomb ahead of time to show them. Example: Seed Bomb Sample As a class, discuss the importance of native seeds (found naturally in your area) versus invasive seeds (like weeds, these overtake native plants, sadly). What are our native plants?</p> |
| <p>Day 2 Extension
 <u>Grow Beans!</u>
 Grow beans in a wet
 paper towel inside a
 ziploc bag!
 Grow Beans Link</p> |  | <p>Day 2- Cut and Sort Paper
 Divide students into small groups of 3-4. Give them each a variety of colored paper and have them rip them up into small pieces and sort them into the bowls by color. If desired, students can cut the paper instead of ripping it. Make sure you have enough bowls for every student to have one later in the week.</p> |
| <p>Day 3 Extension
 <u>Seed Graphing</u>
 After sorting the
 seeds, create a graph
 to see which seeds
 have the most.</p> |  | <p>Day 3- Soaking and Shredding
 Soak each bowl of paper in water for 10-15 minutes. While the paper is soaking, sort the seeds in small groups if desired. After the paper has soaked, cut the paper up into smaller pieces. This can also be done by tearing or mashing. Make sure to tear them into extremely small pieces. Place them back in the bowls for tomorrow.</p> |
| <p>Day 4 Extension
 <u>Kind Kamilla Says:</u>
 Ex- High Five, Smile
 (kind)
 Ex- Stick out tongue
 (unkind)</p> |  | <p>Day 4- Assemble Your Seed Bombs
 Add a little water to each bowl of shredded paper so it is moist. Add seeds to each bowl and have students form small balls with the paper and seeds. They may need to add more water for the ball to stick together. Place each ball in the muffin tin to dry overnight.</p> |
| <p>Day 5 Extension
 <u>Journal Entry-</u> Write
 or Draw about your
 RAK week. What did
 you like best?</p> |  | <p>Day 5- Toss Your Seed Bombs!
 Today is the day to get out of the classroom and toss your Flower Seed Bombs! Before you head out, brainstorm ideas on WHERE to toss your bombs. What areas around the school need beauty and kindness through our flower bombs? Make sure you spread out your bombs so many places benefit from them!</p> |