



EPISODE THREE – DUDE BE NICE.

BE NICE

BELIEVE IN YOU LESSON PLAN

HERFF  JONES.®



JOURNAL/OPENER (5-10 MINUTES)

- Prompt student thinking by asking what it means to make an impact on someone or something. Explain that we can make positive and negative impacts in a variety of ways.
- Pose questions and have students write answers privately
 - How can you impact someone? (Remind students that it can be positive or negative)
 - How can you impact your school and/or community? (Again, remind students it can be positive or negative)
- Allow a variety of responses from the students and chart them on an overhead or on a board for the students to view.

EPISODE THREE – DUDE BE NICE

(FILM: 8 MINUTES/16 SECONDS; TOTAL WITH QUESTIONS 15 MINUTES)

- Following the video ask students what kind of impacts were made and how did it affect people, schools, and communities from what they viewed. Students may be paired or placed in small groups.

HELPFUL OR HURTFUL

This can be facilitated with students in pairs, small groups, or individually.

- Have students complete Chart A, using words or phrases that can make a positive impact and considering the possible effects they can have, as well as what words or phrases can make a negative impact and the possible effects they can also have.
- Allow students to share what they came up with and compare using an overhead or on a board for all students to view.
- Using a variety of resources including magazines, newspapers, social media, etc. Allow students to find examples of words or phrases which can help or hurt (this can include people, communities, schools, etc.) Students can write their findings on Chart B.
- Allow students to share what they discovered and compare using an overhead or on a board for all students to view.
- Once students gain the idea that positive impacts and kindness is imperative have them choose one word or phrase that can empower someone else without the expectation of receiving anything in return. Students can write on an index card, special cut out or on a poster to display.

CHART A

Words or phrases that can make a positive impact on someone else:

How could each of these have a positive impact on someone?

Actions that can make a positive impact on a school and/or community:

How could each of these have a positive impact on a school or community?

Words or phrases that can make a negative impact on someone else:

How could each of these have a negative impact on someone?

Actions that can make a negative impact on a school and/or community:

How could each of these have a negative impact on a school or community?

CHART B (USE RESOURCES INCLUDING MAGAZINES, NEWSPAPERS, SOCIAL MEDIA, NEWS CLIPS)

Kind words or phrases that have made a positive impact:

What was the effect(s)

Words or phrases that had a negative impact:

What was the effect(s)

1. What kind of impact do you want to make on someone else, your school or community?

2. Work with your class on creating a positive impact. Choose a word or phrase that will encourage and recognize others. Write it on a card or cutout and display.



DAILY MINI-LESSONS

EPISODE THREE – WEEK ONE

BE NICE

DAY ONE

MAKE A DIFFERENCE MONDAY

Discuss or journal: What was most interesting about this episode to you?

DAY TWO

TAKE TIME FOR YOU TUESDAY

Mindful Mantras. Have each student create a mantra if they do not have one. After 5 minutes to think about the mantra or creating one, have each student share their personal mantra. Share the examples listed below to help prompt the students.

1. Being nice is free and easy.
2. It is easier to be nice than mean.
3. Nice is a four letter word.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Create a class motto about being Nice to each other. Use the motto all month long as the class aspires to reach excellence.

DAY FOUR

THOUGHTFUL THURSDAY

A Kindness Jar is a great way to get students thinking about how they can show kindness and be nice to others in their class, school, home, or community. Give each student a small square of paper and have them right one random act of kindness that they could do to help or be nice to someone else.

DAY FIVE

FUN FRIDAY

Create a class roadmap of fun ideas and activities you would like to see your school support to help all students treat each other with respect.



DAILY MINI-LESSONS

EPISODE THREE – WEEK TWO

BE NICE

DAY ONE

MAKE A DIFFERENCE MONDAY

Discuss or journal: What do you do to ensure you are nice to everyone?

DAY TWO

TAKE TIME FOR YOU TUESDAY

10-minute silent time: Have students use this time to focus on a personal task or catching up on an assignment or focusing on changing from complaining and whining about things to showing respect for all things.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Have your class work together to write a communal story. Start with one sentence on the board. Have your students take turns coming up to the board and adding one sentence to the story. Each person will be able to use his or her creativity to further the story. Focus on how being nice can make a difference for people.

DAY FOUR

THOUGHTFUL THURSDAY

Provide each student to a post-it note and ask them to write a thoughtful message for someone who has been nice to them and the actions shown made a difference for them. It can be a student, faculty, or staff.

DAY FIVE

FUN FRIDAY

Create your personal excellence slogan or motto and share with the class. What is your motto similar to Dude Be Nice?



DAILY MINI-LESSONS

EPISODE THREE – WEEK THREE

BE NICE

DAY ONE

MAKE A DIFFERENCE MONDAY

Class discussion: What can you change or do to ensure you are being nice to others and being inclusive?

DAY TWO

TAKE TIME FOR YOU TUESDAY

What are some questions that you have about the episode? How can you, personally, make changes to ensure you are nice and respect your friends, family, and faculty?

DAY THREE

WE STAND TOGETHER WEDNESDAY

Divide students into groups of five and have them write a script for 90 second “commercial” for Dude Be Nice as one class, one school. The commercial is a 90 second video that can be created using a phone or classroom technology.

DAY FOUR

THOUGHTFUL THURSDAY

Standup and say one positive thing about someone in the class, something about the school, or a positive attribute about the community in which you live.

DAY FIVE

FUN FRIDAY

Create a Slogan/Mnemonic Using=Nice



DAILY MINI-LESSONS

EPISODE THREE – WEEK FOUR

BE NICE

DAY ONE

MAKE A DIFFERENCE MONDAY

Students take out their whiteboards or some scratch paper and then give them the assignment to define Nice. They should share their individual definitions with the class.

DAY TWO

TAKE TIME FOR YOU TUESDAY

Sit and reflect for ten minutes on how you will make a difference for someone today

DAY THREE

WE STAND TOGETHER WEDNESDAY

Film the 90 commercial from the previous week. Allow students to edit, put music to the video etc. and be prepared to show the video the following week

DAY FOUR

THOUGHTFUL THURSDAY

Share with you class how you have changed your ways of thinking and made being nice and respectful a more important part of your day.

DAY FIVE

FUN FRIDAY

Compliment Circle: Everyone should sit or stand in a circle and share one compliment about every person in the room. Have them give a compliment to the person directly across from them or to their right. This will ensure that no one is left out.



DAILY MINI-LESSONS

EPISODE THREE – WEEK FIVE

BE NICE

DAY ONE

MAKE A DIFFERENCE MONDAY

What do you do for others that may be nice? What is a random act of kindness that you have done recently?

DAY TWO

TAKE TIME FOR YOU TUESDAY

Ten minutes of quiet time. Play a song and encourage students to completely decompress.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Show the 90 second video from previous week's activity

DAY FOUR

THOUGHTFUL THURSDAY

Journal Prompt: Take ten minutes to write the answer to the question. I am nice when I ...

DAY FIVE

FUN FRIDAY

Write a thank you note to someone who has done something nice to help you recently.



SUGGESTED WRITING TOPICS

Use the following topics as writing prompts for weekly writing opportunities. Students should complete a one page journal entry based on the topics below. At the end of the academic year, the students' journals should provide reflection and motivation to continue being the best person they can be.

- **Make every day count.**
- **Change your game from the inside out.**
- **Walk louder than you speak.**
- **Describe your character.**
- **Why is discipline so important?**
- **Why is accountability important?**
- **How can you inspire others?**
- **Communication...how can you improve your communication skills?**
- **What is your favorite song? How does it motivate you?**
- **What would you do if a bully bothered you on your way home?**
- **What would you do if you did very poorly on a test?**
- **How can you help others in your community?**
- **Chase the goal, chase your dreams.**
- **Make memories, what have you done to help promote your school?**
- **What would you do if you found a magic wand?**
- **If you were principal of this school, what would you do?**
- **If you could break the Guinness Book of Records, what would it be for?**
- **What would you do, if you just won the lottery?**
- **If you could go back in time and change one thing in your life, what would you change?**
- **What do you consider your greatest accomplishment to date and why?**