

# SAMPLE LESSON FROM THE PEACE OF MIND CORE CURRICULUM FOR GRADES 3 TO 5



Week 25

## The THiNK Test

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**OBJECTIVE:** Learn how to think before you speak.  
Practice kindness.

**PREPARE:** A bell or chime  
Your Kindness Pals list and Talking Object  
Board or flip chart with this quote written clearly for all to read:  
*"Before you speak, ask yourself if what you are about to say is true, is helpful, is necessary, is kind. If the answer is no, then maybe what you are about to say should be left unsaid."*

-Bernard Meltzer



### Mindfulness Practice

**Invite** today's Mindfulness Helper (MH) to come to the front of the class to sit next to you on a chair.

**Prompt** the MH to choose another student to turn off the classroom lights.

**Prompt the MH to say:** "Let's get into our mindful bodies. Let's close our eyes. Let's take 3 deep breaths."

**Say:** *Let your breath settle back into its natural rhythm. You don't have to change it at all. Let's spend a few moments counting our breaths. Remember that if your mind wanders away from your breath, don't worry about it. Just gently bring your mind back to counting your breaths.*

**Give them a minute or two** to sit and quietly count. You can remind them once in a while to "notice where your mind is now."

**Say:** *Now let's take one more deep breath in and out. In a moment you will hear the sound of the bell and that will mean that it is time to open your eyes.*

**Ask** the MH to ring the bell.

**Ask** the MH to choose a classmate to turn the lights on.

**Ask** the MH to return to his or her seat.



**1. Have a few students read the quote from the board, one at a time.**

See if they can do it from memory.

**2. Discuss**

**Ask** the students what the quote means to them.

**3. Introduce the THiNK test.**

**Suggest** to the students: *This is a great quote, but it's too long and hard to remember.*

You might then **say**: *It's easier when it's broken down into the THiNK Test. This stands for:*

T: true  
H: helpful  
N: necessary  
K: kind.

Write THiNK on the board across in big letters and then write the words TRUE, HELPFUL, NECESSARY, KIND going down from the top under the corresponding letter.

**NOTE:** *The "I" stands for "I" as in "I THINK before I speak".*

**4. Talk about ways and times to use the THiNK Test.**

**Say:**

*Suppose you want to tell everyone in your class that you are having a birthday party this weekend. First ask yourself, does it pass the THiNK test?*

**Talk about** how the answer might be different if everyone in your class is invited or only a few kids are invited.

**Try it** with these scenarios too:

- You want to tell someone in your class that you don't like their new haircut.
- You want to tell someone that her sneakers are out of style.

## 5. Role Plays

**Choose** four kids to represent the different words: Mr. True, Ms. Helpful, Mr. Necessary and Ms. Kind.

**Ask** them to try to answer these and similar questions.

**Repeat** with a new group of four students.

- You want to tell someone in your choir that their voice is bad.
- You want to tell everyone that you got an A on the test.
- You want to tell someone that you just heard that "Ellen" likes "Fred."
- You want to tell someone that the TV show they like is for babies.
- You want to tell your class that it is your birthday (talk about when that would be appropriate—during a test? During a lesson? At recess? At morning meeting?).
- You want to tell your parents that your friend is getting bullied, but your friend told you not to tell anyone.
- You want to tell someone that his zipper is unzipped.
- Someone is spreading a rumor that you like "Ernie" and you want to set the record straight that you don't like him (again a question of time, place, etc.).

Ask for more examples or take their questions.



## Kindness Pals

**Do the Kindness Pals activity as before.** If you don't have time for sharing, just assign the new Kindness Pals.

**Closing words:** *Okay, our time is up for today. Thank you for a great class, everyone. Let's have a nice quiet moment for the bell. If you want to, you can close your eyes, picture your new Kindness Pal, and imagine yourself doing something kind for them this week.*

**Ring the bell.**

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For more information about the Peace of Mind Program,  
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