

RANDOM ACTS OF KINDNESS

FOUNDATION®

Notes Catcher

Name _____

My Personal Learning Objective:

Important Things to Remember from about Resilience and Kindness:

Strategies I will use to build my resilience:

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Letter of Gratitude:

To _____

In your letter of gratitude, explain what this person did for you and how it changed your life. In the letter, tell what you are doing now, and that you remember what they did. Brainstorm what you'll write by answering the following questions:

What did this person do for you?

How does this affect your life?

What are you doing now because of this?

How does this make you feel?

If you knew you were going to see this person one more time, what would you say?

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Letter of Gratitude:

To _(Yourself)_____

Write a letter to yourself celebrating and describing your strengths, skills, values, behaviors, and actions that have and will continue to affect others in a positive way. Brainstorm what you'll write by answering the following questions.

What positive way do people describe you? (e.g., kind, creative, generous, organized)?

What would your students say are your best qualities?

What do you perceive as your strengths?

Aha's and bright ideas I had while observing the Gossips and Rumors lesson:

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Things I don't want to forget!

A Closing Activity, before we go... Viktor Frankl said:

How can I use resilience, kindness, and gratitude to influence how I respond to difficult situations?
How will I use these practices when I go home or back to my classroom or work space?

