

# Kindness Grams

This project is a fun and simple way for your class to spread kindness to others that have helped them this school year.

**Courage Sub-Concept(s)**

Kindness

**Project Timeframe**

25-30 minutes

**Required Materials**

- ☐ Kindness grams printed on cardstock or heavy paper
- ☐ art supplies
- ☐ envelopes

The first graders will give their reading buddies kindness-grams, highlighting one way their buddy has exhibited kindness towards them throughout the year. Note: If you do not have reading buddies, select another class that you have worked with this year instead or allow the students to each select a special teacher that they enjoyed.

Instructions:

Have each student fill out the writing portion of the kindness-gram. Brainstorm as a class some answers to the following sentence prompt:

You make me feel good when you....

Allow ample time for students to complete the illustration portion on the back of the kindness-gram as well. If possible, offer unique art opportunities to showcase how special the activity is with oil pastels, scrapbooking, paint, etc. Help each student place their kindness-gram in an envelope and address it to their reading buddy. Ensure that the name is spelled correctly.

Deliver your kindness-grams! (See next page for printable kindness-grams.)



DESIGNATED BY CASEL  
AS A RECOMMENDED  
PROGRAM FOR SOCIAL  
AND EMOTIONAL  
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

## Kindness Gram

You make me feel good when you...

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RANDOM ACTS OF KINDNESS FOUNDATION®

## Kindness Gram

You make me feel good when you...

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