

Spread Kindness

This project is designed to help students see how easy it is to choose and spread kindness, even small acts of kindness, to help create a ripple effect of positivity.

Respect Sub-Concept(s)

Self-care, Kindness

Project Timeframe

25-30 minutes

Required Materials

- ☐ Poster paper
- ☐ Markers
- ☐ Black/white board

Remind students about all the lessons they have gone through in the Respect Unit and how the choices they make to respect and be kind to themselves, to each other, and to their surrounding classroom environment create a ripple effect that impacts everything around us. It is important that we are always thinking about the choices we make and how those choices can positively (or negatively!) impact others.

Project Details:

Have students help you create a Random Acts of Kindness (RAK) list that you can post in the classroom. These are small kind acts the kids can do either in school or outside of school that can create a ripple effect of positivity. To see how one act of kindness can grow into others, watch this short (5-minute) video:

https://www.youtube.com/watch?v=X3ld9_p2bSQ

Instructions:

You can either do this as a whole class activity or break students up into small groups if you want to practice brainstorming and teamwork. Ensure there is a strong writer in each group or allow students to draw pictures and explain what their ideas are when they are finished. As a class or in groups, have students generate a list of small, kind things they can do that are “random” or unplanned. Simple ideas include holding the door for someone, smiling at someone in the hallway, picking up litter in the classroom or around the school, leaving a thank you note for someone, etc. For a longer list, check out the list of 50 Random Acts of Kindness ideas from the Random Acts of Kindness Foundation:

<https://www.randomactsofkindness.org/the-kindness-blog/2943-50-kindness-ideas-for-random-acts-of-kindness-day> -- while this list is geared for adults, there are many things kids can do or that could be adapted for kids.

Create a top 10 list of random acts of kindness and encourage your students to do at least one each day. You can use time in your morning meeting or in any other come together sessions you have to allow students to report out what they did and what the effect was. They should also pay attention to when someone does a kind thing for them - did it make them want to do a kind thing for someone else? Be intentional about spreading kindness each day!



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/>