

Random Acts of Kindness

KINDNESS BEYOND THE CLASSROOM™
KINDNESS BOOST • OPTION 2 • COURAGE

Lesson Timeframe

25-30 mins

Materials

- ☐ Ordinary Mary's Extraordinary Deed by Emily Pearson (optional)
- ☐ Courage poster (optional)



Share

Define courage: COURAGE IS BEING BRAVE WHEN FACING NEW OR DIFFICULT CIRCUMSTANCES. (Show the Courage poster if desired.) Discuss the connection between KINDNESS and COURAGE. We may think of courage as being fearless and brave. However, one of the most courageous things we can do is be kind to others, even if for no reason at all! As a group, brainstorm ways to show kindness to others.

- What kind words or actions can you use with others during your time here?

Aim for 2-3 answers from varying ages.



Inspire

Explain that a random act of kindness is a fun surprise of kindness given to someone else without them knowing it was you! These acts of kindness are not announced, not planned, and not rewarded. You are doing kind things for others just because you want someone else to feel good, not because you want anyone to notice you.

(Optional) Let's read about one girl's random act of kindness and how it spread through her town. Read **Ordinary Mary's Extraordinary Deed by Emily Pearson**. Read Aloud Link: <https://www.youtube.com/watch?v=xVSrz-5ps7g> (approx. 12 min). This book helps illustrate how one random act of kindness can cause a chain reaction of kindness throughout your community! If you read the story, ask the following:

- What random act of kindness happened at the beginning of the story?
- How does Mary's original random act of kindness spread?



Empower

Divide the group up into two groups based on grade level (PK-2 and 3-6). Make sure you have one adult or teen worker to guide each group. Each group will create a list of 5-10 ways to show kindness to the other group throughout the day. Have the leader of the group write down ideas. Here are some starter ideas:

- Organize the coat/backpack area
- Let someone go in front of you in line
- Open the door for others

Once the lists are created, encourage your students to complete at least one RAK today before they go home!



Reflect

Guide a discussion around RANDOM ACTS OF KINDNESS.

- What is a Random Act of Kindness?
- Have you ever received a RAK? If so, what was it and how did it feel?
- How can we try to perform more RAKs in our program?
- What can you do if you were trying to do a surprise RAK and the person caught you? How can you continue your original goal of kindness?

