

Kindness rocks — Positivity

EXPLANATION:

It's not difficult to cultivate kindness and positivity! Everyone can start by taking a moment to show gratitude and send positive vibes to the people around them. This activity involves painting a rock to make a kindness stone. The rocks labelled with a kind or positive message can be given to specific people or left around the classroom, school or community, sprinkling good vibes to those who find them!

YEAR LEVELS: Years 1–3

STUDENT GROUPING: Whole group discussion and individual creations

ACTIVITY LENGTH: 40–60 mins

LINK TO CURRICULUM:

Learning Continuum of Personal and Social Capability

Social awareness

This element involves students recognising others' feelings and knowing how and when to assist others.

Students learn to show respect for and understand others' perspectives, emotional states and needs. They learn to participate in positive, safe and respectful relationships, defining and accepting individual and group roles and responsibilities. Students gain an understanding of the role of advocacy in contemporary society and build their capacity to critique societal constructs and forms of discrimination, such as racism and sexism. In developing and acting with personal and social capability, students:

- appreciate diverse perspectives
- contribute to civil society
- understand relationships.

Understand relationships:

- Identify ways to care for others, including ways of making and keeping friends

SCOPE OF TASK:

Kindness refers to the behaviours toward others that are compassionate, genuine and positive. Children develop compassion through acts kindness towards others, and as they grow, it can guide their actions and behaviours in positive ways. There are benefits for givers of kindness including increased self-esteem and optimism and feelings of positivity.

1. Discuss with students the concept of kindness and how you can show kindness to others. To activate their previous knowledge, ask prompting questions:
 - What is kindness?
 - How does kindness make you feel?
 - What is positivity?
 - How does positivity make you feel?
 - How do you show kindness to others?
 - Why do you feel positive when you give and receive kindness?
2. Share with the students the objective of the activity: The students are going to find rocks from their environment to paint and give to others to show kindness and build positive feelings.
3. Steps to make kindness rocks:
 - Students to go on a search in the playground to find rocks that could be used to paint and write on. Rocks can also be brought from home for the activity (rocks will need to be clean for the activity and are better if they are thin, flat or smooth)
 - As a class, brainstorm kind words and positive phrases that can be written on the rocks.
 - Write on the whiteboard words/phrases that the children identified. Some examples might include: You matter; You are loved; Smile; Loved; Inspiring; You are the best; Be kind; You shine. Emojis could also be used – thumbs up, smiles, love hearts etc
 - Once a decision is made about the words or images that are to be written on the rocks, students can choose decorating methods – paint, drawing with markers etc
 - Provide time for students to plan and create their kindness rocks
 - Once rocks are dried they can be sprayed with hair spray to seal the creations
4. As a whole group ask students to share their rocks and what they have written on them. Ask questions:
 - What does your rock say?
 - Why did you choose those words?
 - How do you think someone will feel when they receive or find your rock?
 - How do you feel about making and sharing the kindness rock?
5. Provide time for students to give their rocks to intended recipients or place their rocks in special places.



6. In the coming days question students to see if they had any feedback about the kindness rocks – from recipients or people who may have found a rock. For example, did the receivers experience positive vibes and feel the kindness?
7. Encourage students to write reflections in their daily school diaries about the activity and how it made them feel.

RESOURCES:

- Rocks
- Markers, metallic pens, paints/paintbrushes for decorating rocks
- Hairspray