



## Log an Act of Kindness - Gratitude

### EXPLANATION:

The phrase “random acts of kindness” is relatively well known all over the world. This activity asks students to reflect on times that they have acted kindly to others or consider ways that they could practice Random Acts of Kindness. Acts can be logged on the Kindness Log at the Kindness Factory: <https://kindnessfactory.com/kindness-log/>

**GRADE LEVELS:** 7–10

**STUDENT GROUPING:** Group discussion, with individual reflections and logs

**ACTIVITY LENGTH:** 45 minutes approx.

### CASEL CORE COMPETENCY: SOCIAL AWARENESS

- Demonstrating empathy and compassion
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Recognizing situational demands and opportunities
- You can learn more about the CASEL framework [here](#)

## SCOPE OF TASK:

Put simply, a Random Act of Kindness is doing something kind for someone else without asking or expecting something in return. Random Acts of Kindness create feelings of gratitude and have benefits for all involved.

1. Share with the students the importance of kindness and gratitude. There are scientifically proven benefits of being kind. For example, kindness drives energy and esteem, producing serotonin, which generates the feeling of calmness and even helps heal wounds (see, for example: <https://www.psychologytoday.com/au/blog/raising-happiness/201002/what-we-get-when-we-give>). Ask students to research the topic on the Internet and find other benefits of kindness and gratitude—discuss safe searching protocols. Spend 10 minutes researching the topic.
2. Ask students to write the benefits they found on sticky notes and display them on the board. Summarize all the benefits that were discovered.
3. Ask students to share their knowledge of Random Acts of Kindness. If necessary, conduct an Internet search to find out more about the phenomenon. What can students find out about the topic?
4. Look the Kindness Factory and explore the website: <https://kindnessfactory.com/kindness-log/>
5. Consider the Random Acts of Kindness that have been posted. Explore to determine categories and examples of logs posted.
6. Question the students regarding their experiences. Have they done any Random Acts of Kindness themselves?
  - What did they do?
  - Was the act for a stranger or for someone they knew?
  - How did it make them feel?
  - How do they think the other person felt?
7. Encourage the students to log their own acts. Discuss what they might write. Give the students 10–15 minutes to log their own acts of kindness.
8. If they feel comfortable, invite students to share their logs with the class.
9. In conclusion, ask students how they felt contributing to the Kindness Log. Over the next few weeks, monitor the Kindness Log to see how the number of acts grows and get ideas for how the students can also engage in acts of kindness.



## **RESOURCES:**

- Pens
- Paper
- Computers with Internet access