

# Kindness is your superpower! - Log an act of kindness

**A perfect activity to use when celebrating World Kindness Day!**

## EXPLANATION:

Even very young children can spread kindness and make others feel good with small actions. Using the storybook *Kindness is my Superpower* by Alicia Ortego this activity explores acts of kindness and we have the power to choose how we act and whether to be kind. The activity also provides an opportunity for children with assistance of teachers and adults to log their own acts of kindness on the Kindness Log at the Kindness Factory:

<https://kindnessfactory.com/kindness-log/>



**YEAR LEVELS:** Prior to school

**STUDENT GROUPING:** Group discussion and individual logs on the Kindness Factory

**ACTIVITY LENGTH:** 22 mins approx. plus conferencing time with teacher/adult to log an act

## LINK TO CURRICULUM:

This activity connects to many curriculum and social and emotional learning objectives. But this activity has been developed purely and simply to promote kindness! Because kindness matters, is powerful and makes a difference to people all over the world!

#onesmallact #kindnessfactory

## SCOPE OF TASK:

Awareness of kindness and how behaviours impact on others is crucial to children's social and emotional growth and development. In the early years children mostly associate kindness with doing something – a behaviour. Examples include physically helping another, giving a hug or sympathy, smiling at someone else or allowing another to be first at an activity. Simple acts that

show care for others can be celebrated by children and adults and can be considered a 'super power'.

1. During group time discuss with children kindness. Question them:

- What does kindness look like? Children can suggest real world examples
- How can you be kind to others?
- Why should we be kind to other people?

1. Introduce the book *Kindness makes us strong* by Sophie Beer to the whole group of students. Tell students that we are focusing on how Lucas (the main character of the book) discovered kindness and what he does. Click on the link to hear the story narrated by Miss Learning Bee:



3. Sit with the children in a circle and reflect on the story asking the children what kindness did they see conducted? In the book the character, Lucas suggests that "kindness has magical powers." What does this mean?

4. Ask each child to name a kind thing they have done for someone. Each time suggest to the child that their actions were like a super power because it made a positive difference to someone else. Each child can have the super power of kindness! Project onto the whiteboard the Kindness Factory website: <https://kindnessfactory.com/>. Look at where people have logged acts of kindness and read out examples of acts of kindness that have obviously been conducted by children. Discuss the acts and how they might have made the receivers feel. What did the super power of kindness do?

5. Inform the children that during the day they will get the chance to conference with a teacher or adult in the room and create their own log of kindness and post online about their super power of kindness.

During the day the teacher/adult can ask children one on one if they would like to conference about something kind that they have done for someone. The question can be asked, "What was your super power act of kindness?" The student can narrate the story and the teacher can



complete the log for the child. Each log can start with:

**I used my super power of kindness when...**

The log can be read back to the child for approval before it is posted. The child can hit the button to post the act of kindness.

6. At the end of the day when all the acts have been logged they can be reviewed on the Kindness Factory. During group time before going home the teacher can find the acts on the Kindness Factory and read them back to the children. In reflection the children can be asked how else they can use their super power?



**Hint:** It will be important to share with parents/caregivers the learning outcomes and aims of the activity to reinforce concepts of kindness and the super powers of kindness. Parents and caregivers can also log onto the Kindness Factory to see their child's post or make a post themselves.

## RESOURCES:

- Kindness Factory log: <https://kindnessfactory.com/>
- Whiteboard for computer projection
- Laptop and internet access

Ortego, A. (2020). *Kindness is my Superpower*. Alicia Ortego, New York.

Online video: The Kindness Curriculum- *Kindness is my Superpower*, Read by Miss Learning Bee sourced from <https://youtu.be/LHak7dFbeEg>

