

# Kindness received - Log an act of kindness

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

## EXPLANATION:

It may have been a thoughtful word, a smile, or someone holding the door open for you but these simple acts of kindness influence how you feel! Gestures of kindness do not need to be big and grand to be valued by the receiver. This activity asks you to think about when you have received kindness and how it made you feel. Students reflections can be logged on the Kindness Log at the Kindness Factory:

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



**YEAR LEVELS:** Years 4–6

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

**ACTIVITY LENGTH:** 45 mins approx.

## 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:

Almost everybody feels good when someone is kind to them. Kindness has significant benefits for both the giver and the receiver, but this activity explores how it feels to receive kindness. Kindness has been shown to increase self-esteem, improve mood, increase wellness, confidence and optimism.

1. Explore with the students the meaning of kindness. Ask students questions to elicit their understanding and write responses on the whiteboard:
  - What is kindness?
  - What are some examples of kind acts?

- Who is kindness best for – the giver or receiver?
  - What are the benefits for the people receiving kindness?
2. Ask students: Can you think about a time that someone was kind to you?
    - What was the act of kindness?
    - Was it a big act or a simple small deed?
    - How did you feel?
    - What difference did the kindness make to you?
  3. Inform the students that in this activity they are going to consider kindness from the receiver’s perspective and make a slide show of all the kind acts they have received to upload to the Kindness Factory.
  4. Look the Kindness Factory and explore: <https://kindnessfactory.com/kindness-log/> Consider the random acts of kindness that have been posted. Explore to determine categories and examples of logs posted.
  5. Ask students to create a PowerPoint slide about a time that they received kindness and how they felt. Students can creatively decorate and design their slide but respond to two questions:
    - a) The Kindness that I received was \_\_\_\_\_
    - b) It made me feel \_\_\_\_\_
  6. Once students have completed their slide add them to a slide deck for sharing
  7. Bring the group together to review and reflect on the kindness acts that the class has received. Ask each student to share their slide and talk about what they have written and experienced highlighting the importance of kindness in our day to day interactions.
  8. To complete the activity, provide time for students to upload their own slide to the Kindness Log on the Kindness Factory. When exploring the log, they will see that there is the option of uploading their slide to a section where someone gave them kindness.

The screenshot shows a form for uploading a kindness act. The form has the following fields and options:

- Name: [Text input field]
- Email Address: [Text input field]
- Date: [dd/mm/yyyy format with a calendar icon]
- Location: [United States dropdown menu]
- Category: [Dropdown menu with the following options:
  - Giving (Buying someone a coffee, paying for another's petrol, donating)
  - Giving (Buying someone a coffee, paying for another's petrol, donating)
  - Helping (Mowing someone's lawn, packing boxes, babysitting)
  - Acknowledgment (Wishing someone luck, giving a compliment)
  - Time (Volunteering, being present, helping someone out)
  - Connection (Hug, high five)
  - Someone Else Gave Me Kindness (Helped, Gave, Listened, Smiled)
  - ASFA Conference (specifically for the Association of Superannuation Funds of Australia)
  - World Record Attempt (World Kindness Day)
  - Sage Community Day (October 2nd 2020)

9. In a follow up time review the logs that the students have made on the Kindness Factory. It will be an opportunity for students to locate their post and discuss it with the group.



### RESOURCES:

- Kindness Factory log: <https://kindnessfactory.com/>
- Computer and internet