

Create a social media post to spread kindness - Log an act of kindness

A perfect activity to use when celebrating World Kindness Day!

EXPLANATION:

Social media use has become so pervasive in the lives of people but not necessarily a positive experience for all. Various platforms have typically been sites for bullying, mean and negative comments. Let's counteract this trend with kindness. This activity asks you to create some kind and positive memes to share on social media. You can share your creations on the Kindness Log at the Kindness Factory:

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



YEAR LEVELS: Years 7-10

STUDENT GROUPING: Group discussion and work in pairs to create memes and log 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, it is powerful and makes a difference to people all over the world!

#onesmallact #kindnessfactory

SCOPE OF TASK:

1. Ask the students about kindness. Questions could include:

- What does it mean to be kind?
- What are kind actions?
- How does it feel to give kindness?
- How does it feel to receive kindness?

- Can you think of anywhere that more kindness can be shown? Discuss social media

2. Share with the students some information about World Kindness Day.

- World Kindness Day is a global day that promotes the importance of being kind to each other, to yourself, and to the world
- World Kindness Day began in 1998 and is now observed in countries around the world
- A day devoted to the positive potential of both large and small acts of kindness
- A day to highlight good deeds in the community focusing on the positive power and the common thread of kindness
- If every Australian performed an act of kindness on World Kindness Day, we would have over 25 million acts of kindness in a single day!
- Small and large acts of kindness resonate in people's lives creating connections and supporting relationships

3. Inform students that they are going to spread some kindness and positivity by creating some memes that can be shared on various digital platforms.

What is a meme: Memes are commonly used on the internet to share an idea, behaviour, or style belief, fashion, story or phrase. Memes usually include words and images.

4. Inform students of what is involved in the task:

- a) Students are to choose a kindness quote that resonates with their beliefs and thinking of kindness or can be encouraged to be creative and write their own.
- b) Suggest that students create a visually appealing meme that can be posted on social media to spread kindness. Different design tools can be used to create a meme and saved in a sharable format. Some free tools that can assist with this creative part include:



- c) Once students have made their memes provide more time for students to upload their memes to the Kindness Factory. If students are not familiar with the Kindness Factory provide an introduction. Visit the Kindness Factory and encourage the students to explore the website: <<https://kindnessfactory.com/>>. Look at the Kindness Log and review some of the acts that have been logged.

6. Once the memes have been uploaded to the Kindness Factory bring the class together to review their creations on the Kindness Log. Questions to reflect on the posts could include:

- How do you think the meme will support kindness?
- How will it make feel?

- What creations are the most engaging?
- How did you feel sharing kindness with others?
- What creations are the most engaging?
- Where do you think you will post your memes?



**“Try to be a
rainbow in
someone’s
cloud”**

~ Maya Angelou

RESOURCES

- Computers and Internet
- Kindness Factory log: <https://kindnessfactory.com/>
- Access to online design tools including:
 - <https://www.canva.com/>
 - <https://about.easil.com>
 - <https://crello.com/>
 - <https://snappa.com/>