

# Be kind to yourself - Log an act of kindness

A perfect activity to use when celebrating World Kindness Day!

## EXPLANATION:

Kindness is not just about how you treat other people — it is how you extend those same behaviors to yourself! Small acts of self-love can have enormous benefits. This activity investigates ways that people can be kind to themselves and acknowledge their inherent value. Students will be encouraged to do something kind for themselves and log their act on the Kindness Log at the Kindness Factory:

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



**YEAR LEVELS:** Years 11-12

**STUDENT GROUPING:** Group discussion – individual reflections and logs

**ACTIVITY LENGTH:** 45mins approx.

## CASEL CORE COMPETENCY: *SELF-MANAGEMENT*

- Identifying and using stress-management strategies
- Exhibiting self-discipline and self-motivation
- You can learn more about the CASEL framework [here](#)

## SCOPE OF TASK:

When we consider our own feelings and needs we are being kind to ourselves. Acts of self-kindness can include: asking for help, positive self-talk, taking a rest, saying no when you are busy, advocating for yourself, setting boundaries, and treating yourself. Self-kindness is the capacity to take a compassionate stance toward ourselves!

1. Inform the students that in this activity they are going to be discussing the importance of self-kindness, self-love and self-acceptance. Remind students that typically we are often kinder to others than ourselves therefore it is something that we need to learn and practice. To frame the ideas of self-kindness, watch this video recording of Adam Roa's poem about self-love and care: [https://youtu.be/nt5\\_3cbo31](https://youtu.be/nt5_3cbo31).



2. In a group, have a discussion about showing kindness to yourself. Some questions might include:
  - Why is self-kindness so hard?
  - What things can you do to show kindness to yourself?
3. Once all students have had an opportunity to share their thoughts set them a task. In the next 24 hours challenge them to do at least one thing that is kind to themselves. Let them know that in the next class period they will have the opportunity to share what they did.
4. The following day: Gather the students again into a group and give everyone the chance to share their self-kind act. If more appropriate for your class, you might share in small groups or pairs instead. As a whole group then discuss what difference self-kindness can make.
5. Once sharing has been done show the students the Kindness Factory and explore the kindness log: <https://kindnessfactory.com/kindness-log/>. Take a few minutes to look at the acts of kindness that have been logged from around the world.

6. Encourage the students to log their own act. Give the students 10 – 15 mins to add their own act of self-kindness to the kindness log. Questions they can consider when writing their log could include:

- What did they do?
- How did it make them feel?



7. If projecting the log on the whiteboard, scroll through once all of the acts are logged. Read them as a group, and invite students if they feel comfortable to share their log with the class group.

8. In conclusion, ask students how they felt contributing to the Kindness Log. Share any closing thoughts about the importance of self-kindness. Over the next few weeks students can monitor the Kindness Log and see how the number of acts grow, getting ideas for how they can also engage in acts of kindness.

***Whatever you do, be gentle with yourself.***

***~ Sanoben Khan***

#### **RESOURCES:**

- Kindness Factory log: <https://kindnessfactory.com/>
- Computers with internet access
- YouTube clip of Adam Roa's poem: [https://youtu.be/nt5\\_3cbo31l](https://youtu.be/nt5_3cbo31l)