

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 helping you, but 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 students to think about when they have received kindness and how it made them feel. 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.

CASEL CORE COMPETENCY: *SOCIAL AWARENESS*

- Demonstrating empathy and compassion
- Understanding and expressing gratitude
- You can learn more about the CASEL framework [here](#)

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 improve mood and increase self-esteem, wellness, confidence, and optimism.

1. Explore with the students the meaning of kindness. Ask students questions and write responses on the whiteboard. Some questions might include:
 - 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 small one?
 - 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 kind acts they have received to upload to the Kindness Factory.
4. Look at 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 should include:
 - The kindness that I received was _____
 - It made me feel _____
6. Once students have completed their slide add them to a combined slide deck for sharing.
7. Bring the group together to review and reflect on the kind 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 the kind act they received to the Kindness Log on the Kindness Factory. When exploring the log, they will see that there is the option to share when someone gave them kindness:

Name

Email Address

dd/mm/yyyy

United States

Giving (Buying someone a coffee, paying for another's petrol, donating)

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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. To reflect, review the logs that the students have made on the Kindness Factory. Students can find their posts and discuss it with the group.



RESOURCES:

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