

Log an Act - Humility

EXPLANATION:

Simple acts of kindness can demonstrate humility, empathy, and care for others. Considering and responding to the needs of others are central to humility. Students in this activity are encouraged to acknowledge someone else in a Log of Kindness.

GRADE LEVELS: 1–3

STUDENT GROUPING: Group discussion and individual logging of acts

ACTIVITY LENGTH: 40–60 minutes and time with a teacher aide or parent/guardian to log an act

CASEL CORE COMPETENCY: *SOCIAL AWARENESS*

- Recognizing strengths in others
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- You can learn more about the CASEL framework [here](#)

SCOPE OF TASK:

Humility includes many qualities, such as kindness, generosity, compassion, and patience. It requires you to consider the needs and feelings of others and to show empathy. Expressing gratitude to others requires acknowledging them and the contributions they make to your life.

1. Question students to determine their understanding of humility. It might be helpful to connect humility to the following concepts:

- Understanding and acknowledging that you are not always right
- Considering the needs of a team instead of the individual player
- Acknowledging others' talents and actions (even if they are better than your own)

2. Ask students to consider people who are better at things than them. Examples could include people who:

- Can read more difficult books
- Have worked really hard to have neat handwriting
- Are faster runners
- Can play the flute or other musical instrument



Accessing prior knowledge and understanding will help determine whether students can acknowledge the skills, efforts, needs, or feelings of others (friends, family members, or teammates)—these are foundation skills for humility.

3. Ask students to share examples of when they or others have been humble. Depending on the students' experiences, you may need to provide an example, such as:

- "My sister has practiced the guitar every day, and now she can play it better than me. I am very happy for her."
- "My friend has spent a lot of time helping me learn how to play chess. I am very grateful."

4. Show the students the Kindness Factory website: <https://kindnessfactory.com/>. Explore the different features of the website.

5. Enter the Kindness Log, and see what acts of kindness have been logged.

6. Tell the students that they also can log an act that acknowledges their gratitude for someone else.

7. Students can draft sentences and then conference with the teacher or teacher aide to finalize their logs.

8. Students will need access to a computer with the Internet to log their acts; therefore, this part of the activity could be completed during small group time or with the assistance of parent helpers. It could also form part of a homework task, and parents/guardians can become involved in logging the acts.
9. Once the students have submitted their logs, the class can review the logs online and celebrate their contributions.

To reinforce the concepts of kindness, gratitude, and humility, send communication to parents/guardians about the Kindness Factory and log. Families can also engage with the site.

RESOURCES:

- Pens
- Writing books
- Computers with Internet access