

## Log an Act! - Positivity

### EXPLANATION:

Positivity is a helpful emotion! When you feel and act positively, it is contagious, and others can “catch” the positive emotions and vibes. Your positivity can support others by helping them feel accepted, acknowledged, and happier. Log an act that acknowledges a positive act of kindness.

**GRADE LEVELS:** 11–12

**STUDENT GROUPING:** Group discussion and individual log

**ACTIVITY LENGTH:** 40–60 minutes approx.

### CASEL CORE COMPETENCY: *RELATIONSHIP SKILLS*

- Developing positive relationships
- Seeking or offering support and help when needed
- You can learn more about the CASEL framework [here](#)

## SCOPE OF TASK:

Being positive means expecting good results and success, and it focuses on doing and achieving. Positivity requires an optimistic outlook. An individual's positive energy and actions can influence other people's emotions and well-being.

1. Ask the students about positivity to determine their prior knowledge and experiences. Questions could include:

- What is positivity?
- What are some examples of positive actions?
- How do such actions influence others?
- Why are positive thinking and actions important?

2. Ask the students to share experiences in which their positivity has helped others or, conversely, in which others' positivity has assisted them. Questions for discussion could include:

- How did others' positivity influence you?
- How did your positivity support others?
- How do you think the other person/people felt?
- How did positive thoughts help you?
- Why do you think positivity was important in these instances?



3. Small acts of kindness and positivity resonate in all our lives and help people to feel acknowledged. These acts enrich the lives of both the giver and the recipient, enriching the world. When we practice random acts of kindness, it releases positivity—we feel better, and the recipients of our acts feel better, which then makes them more likely to be kind to other people.

4. Ask students to share their knowledge of “random acts of kindness.” If necessary, conduct an Internet search to find out more about the phenomenon. Make sure to provide guidelines about appropriate Internet usage in the school context. What can students find about the topic?

5. Encourage students to explore the Kindness Factory website: <https://kindnessfactory.com>

Look at the Kindness Log, and review some of the acts that have been logged. Which acts demonstrate positive actions and emotions?

6. Question the students regarding their own experiences. Have they conducted any “random acts of kindness” that demonstrated positivity?

- What did the students do?
- Was the act for a stranger or for someone they knew?
- How did the act make them feel?
- How do the students think the other person felt?

7. Encourage the students to log their own acts, sharing their actions. Discuss what they would write. Give the students 10–15 minutes to log their own acts of kindness.
8. Invite students to share their logs, if they feel comfortable.
9. In conclusion, ask students how they felt contributing to the Kindness Log. Over the next few weeks, monitor the Kindness Log to see how the log grows and what others are contributing. Remind the students that kindness and positivity are potent in strengthening a sense of community, creating a powerful ripple effect for others.

## RESOURCES:

- Computers with Internet access