

## Strength of the Week:

Kindness



I like to do nice things for others.

## Kindness Ideas

- 1. Examples of Kindness:** I give other people compliments. I do nice things for other people without being asked. I give people gifts for no reason. I clean up when I see a mess, even if the mess isn't mine. I let people know that I appreciate them. I do nice things without expecting anything in return.
- 2. Discussion Points:** Talk to students about what it means to be kind. Ask questions about how it makes us feel when we are kind to others, and how it feels when others are kind to us. When you see a student do something kind, **ask them to take a moment to notice how good it feels.** Ask students when it is hard to be kind, and if there are certain people who are harder to be nice to than others. Challenge students to be kind to someone who is getting on their nerves.
- 3. Activities:**
  - a. Create a random acts of kindness chain to be displayed in the classroom. Each link has written or drawn on it something kind or friendly that happened at school. Come up with a goal to reach a certain number of acts of kindness by the end of the week! Examples of random acts of kindness are in the folder to help you get started.
  - b. Spider Web-(group activity with yarn) Have students sit in a circle. Give a student a ball of yarn or string, have him/her hold the end of the string in one hand as they roll the ball to a classmate and say something kind about him/her. At the end, discuss that we are all connected and the importance of being kind to everyone in the class.
  - c. Choose a new "Kindness Spy" each day to report out any kind act they saw during the day.
- 4. Mindfulness Exercise:** Loving-Kindness Meditation (script in drive)
- 5. Teacher Challenge:** Commit to spending 3-5 minutes a day to do something kind for yourself. It could be watching a funny youtube clip, listening to your favorite song, or taking a several deep breaths. You deserve it!
- 6. Spot those strengths!** Don't forget to point out kindness as you see it!