

Three Acts of Kindness for the win



To enhance mental well-being and spread positivity by performing weekly acts of kindness for oneself, a known individual, and a stranger.



Learning Intentions

Cultivating Empathy and Kindness

Students will learn to practise empathy by performing acts of kindness for themselves, others, and strangers, enhancing their understanding of kindness's positive impact on individuals and communities.

Promoting Self-Care and Well-Being

Students will develop the habit of self-care by recognizing the importance of being kind to themselves, which will contribute to their overall mental and emotional well-being.

Reflecting on the Impact of Kindness

Students will engage in reflective practice by considering the effects of their kind acts on themselves and others, deepening their appreciation for the value of kindness in everyday life.



Success Criteria

Consistent and Thoughtful Acts of Kindness

Students perform meaningful acts of kindness for themselves, a known individual, and a stranger and complete their random act of kindness created by another classmate demonstrating an understanding of the importance of empathy and generosity.

Active Engagement in Self-Care

Students actively engage in self-care by choosing and completing kind acts for themselves, showing an awareness of their own needs and the importance of nurturing their well-being.

Reflective Understanding of Kindness

Students reflect on their acts of kindness, thoughtfully considering how these actions made them feel and the positive effects they observed, which shows a deepened understanding of the role of kindness in personal growth and community building.



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Objective:

To enhance mental well-being and spread positivity by performing weekly acts of kindness for oneself, a known individual, and a stranger.

Players:

Individuals participating in personal growth and community building.

Materials:

- Paper for writing down names.
- A journal for reflection (optional).

Setup:

Write down three names at the start of the session: your own, a friend or family member's, and leave space for a stranger.

Gameplay:

- Students plan out their three acts of kindness outlining what they wish to achieve, how they will achieve it and what resources they need for each act.
- Each student also creates a separate kindness challenge that another student in the class will need to complete within a week timeframe. These will go into a bowl and then randomly selected and given out to the other students in the class for them to complete. Ensure as the teacher/facilitator you create list of the assigned kindness challenges to ensure accountability.
- Perform a kind act for yourself, like a relaxing activity or treating yourself to something enjoyable.
- Do something thoughtful for the friend or family member whose name you've written.
- Engage in an act of kindness for a stranger, such as a small gesture of help or generosity.
- Complete your random act of kindness that was created by one of your classmates.
- Reflect on these acts at the end of the week, noting how they made you feel. A journal can be used for this purpose.



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Winning the Game:

Focusing on the joy and fulfilment derived from acts of kindness and the positive impact on yourself and others.

Additional Notes:

Three Acts of Kindness for the WIN emphasises the importance of kindness in promoting personal and communal well-being, encouraging creativity and empathy in daily life.



Three Acts of Kindness



Students write down three names at the start of the week (themselves, a friend/family member, and a stranger) and perform a kind act for each.

1 - You -

2 - Friend or Family -

3 - Stranger -

Students plan out their three acts of kindness outlining what they wish to achieve, how they will achieve it and what resources they need for each act.

A large, empty rectangular box with a light gray background, intended for students to write out their plans for the three acts of kindness. The box is framed by a thick black border.

Three Acts of Kindness



Please create a separate kindness challenge that another student in the class will need to complete within a week timeframe. These will go into a bowl and then randomly selected and given out to another student in the class for them to complete.

A large, empty rectangular box with a light gray background, intended for students to write their kindness challenges. The box is framed by a thick black border.