

THREE ACTS OF KINDNESS *For The Win*



the school of
PLAY

Three Acts of Kindness for the WIN

Instructions

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 week: your own, a friend or family member's, and leave space for a stranger.

Gameplay:

- 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.

- Reflect on these acts at the end of the week, noting how they made you feel. A journal can be used for this purpose.
- Each week, choose new names and acts of kindness to perform.

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.

Download the video to share [HERE](#).