

Acts of Kindness Tracker

Grade Three & Four



Encourage students to notice and reflect on acts of kindness they perform throughout the week, promoting self-awareness and empathy.



Learning Intentions

I can reflect on my actions and how they impact others:

Students will think about the kindness they have shown to others and how it made both themselves and others feel.

I can understand the importance of kindness in building positive relationships:

This activity helps students recognise how acts of kindness contribute to their relationships and community.

I can plan ways to incorporate more kindness into my daily life:

Students will consider how they can continue showing kindness and improve their interactions with others.



Success Criteria

I can identify and describe three acts of kindness I performed:

Students will provide clear examples of the kind things they did for others during the week.

I can reflect on how these acts made me feel and how the other person reacted:

Students will consider both their emotions and the reactions of others to their actions.

I can explain why kindness is important and how I can be kinder each day:

Students will articulate the value of kindness and offer practical ways to be kind on a daily basis.



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Objective:

Encourage students to notice and reflect on acts of kindness they perform throughout the week, promoting self-awareness and empathy.

Materials Needed:

- Paper or a printed worksheet for tracking acts of kindness.
- A pen or pencil for writing.

Setup:

- Provide students with a worksheet or journal where they can write down their reflections on acts of kindness. Call it their "Kindness Tracker".
- Ensure each student understands the purpose of the activity: to reflect on the kindness they've shown and its impact.

Instructions:

1. Reflect on your acts of kindness:

Have students think about and reflect on two acts of kindness they have done in the past week. Ask them to write them down and include who the act was for and how it made them feel after doing it. Also ask them to write down how they think it impacted on the other person's feelings.

2. Track Your Acts of Kindness:

Over the course of the week, give the students the aim to try to perform at least three acts of kindness for others. These can be big or small, such as helping a classmate, sharing, saying something nice, opening a door for someone or assisting a family member with a task. Get the students to plan ahead here and think of three different ways they can complete an act of kindness for someone else, write them down in their Kindness Tracker as a game plan for the week ahead.

3. Reflect on Your Kindness:

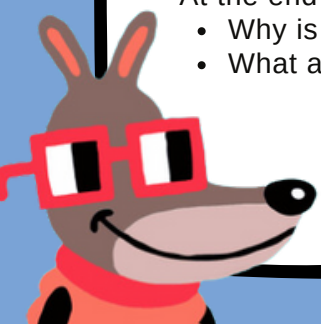
After they have completed each act of kindness, ask students to write it down in their Kindness Tracker. For each action, answer the following questions:

- How did it make you feel to perform this act of kindness?
- How did the other person react? Did they smile, thank you, or seem happy?
- Did they complete an act of kindness that they didn't plan for?

4. Answer the Reflection Prompt:

At the end of the week, reflect on the following questions:

- Why is kindness important? How do kind actions affect the people around us?
- What are some ways you can include more acts of kindness in your daily life?



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Reflection Prompt:

- Why is kindness important?
- How can you include more acts of kindness in your daily life?

Closing the Activity:

- Once students have completed their acts of kindness tracker and reflection, they can share some of their experiences with the class if they are comfortable. This can help foster a positive, kind atmosphere in the classroom.
- Encourage students to continue practicing kindness and think about how they can incorporate more acts of kindness into their everyday routines.

Variations:

- **Kindness Journal:** Have students create a journal for tracking acts of kindness over an extended period, such as a month, to see how their kindness grows.
- **Group Activity:** In pairs or small groups, students can brainstorm ways to perform acts of kindness together and support each other in completing them.
- **Family Edition:** Have students share their acts of kindness with their families and track them at home. They can discuss how kindness can positively impact the family environment.

Additional Notes:

This activity is designed to not only promote kindness but also encourage self-reflection. By taking time to reflect on their own positive actions, students learn to appreciate the impact they can have on others, fostering a greater sense of empathy and community.

