

# My Kindness Journal

# WRITTEN

To encourage students to reflect on acts of kindness they have given or received, helping them appreciate kindness and develop empathy.



## Learning Intentions

**I can identify acts of kindness in my life:**

This encourages students to reflect on kind actions, both those they've given and received, helping them recognise kindness as an important part of their daily lives.

**I can express kindness through writing and drawing:**

This focuses on creative expression by having students communicate acts of kindness through both words and pictures.

**I can reflect on the impact of kindness on myself and others:**

This helps students understand how kindness affects both the giver and the receiver, promoting empathy and a sense of connection.



## Success Criteria

**I can list at least five acts of kindness I've experienced or shared:**

This ensures that students engage in thinking about and recalling moments of kindness in their lives.

**I can describe how kindness made me or others feel:**

This helps students develop emotional awareness and empathy, recognising the impact of kindness.

**I can draw pictures to represent acts of kindness:**

This demonstrates creative thinking and helps students visually express kindness in a way that feels personal and meaningful.



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## Objective:

To encourage students to reflect on acts of kindness they have given or received, helping them appreciate kindness and develop empathy.

## Players:

Perfect for small groups, classrooms, or family gatherings.

## Materials:

- Paper
- Crayons, markers, or pens
- A journal or notebook for each child (optional)

## Setup:

Provide each child with paper or a journal to write and draw in. Ensure there are plenty of markers, crayons, or pens available for them to create their illustrations.

## Activity:

### 1. Write Down Acts of Kindness:

Have the students write down five acts of kindness they have given or received. These can be big or small, such as helping a friend, sharing, or receiving a compliment.

### 2. Draw a Picture for Each Act:

After writing, students will draw a picture to represent each act of kindness. This helps students creatively express their thoughts and feelings.

### 3. Share and Reflect:

After completing their journals, students can take turns sharing some of the acts of kindness they wrote about. They can explain how it made them feel when they gave or received kindness.

## Reflection Prompt:

- How did it feel when you gave or received kindness?
- Why do you think kindness is important?
- How do you think the other person felt when you showed kindness?

## Winning the Game:

There is no winner in this activity. The goal is to reflect on kindness and appreciate how it contributes to happiness and positive relationships.



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## Family or Classroom Variation:

In a group setting, students can create a "Kindness Wall" by sharing their acts of kindness. Each child can add their favourite act of kindness to the wall, creating a visual reminder of the importance of kindness in the group.

## Additional Notes:

*My Kindness Journal* encourages students to recognise kindness in their everyday lives and understand its value. By reflecting on their own kindness and the kindness they've received, students develop a deeper understanding of empathy, cooperation, and positivity. This activity also fosters a sense of gratitude and connection with others, making it a powerful tool for building emotional intelligence and creating a positive environment.