

# Kindness Starts with Me

# WRITTEN

To encourage students to reflect on how they can be kind to others and to understand the positive effects kindness has on both the giver and the receiver.



## Learning Intentions

**I can recognise ways to show kindness to others:**

This encourages students to think about specific actions they can take to be kind to others, helping them develop empathy and a sense of responsibility

**I can express kindness through words and actions:**

This focuses on encouraging students to plan and act on kind behaviours, fostering positive communication and action.

**I can reflect on how kindness impacts others and myself:**

This helps students understand the emotional impact of kindness, both for the giver and the receiver, and encourages them to consider how they can contribute positively to their community.



## Success Criteria

**I can identify one specific way I can show kindness today:**

This ensures that students engage in identifying and reflecting on specific acts of kindness.

**I can explain how my kindness will make someone feel:**

This demonstrates empathy by encouraging students to consider the emotions of others and understand the effects of their actions.

**I can share how I feel when I show kindness:**

This helps students reflect on the positive emotions they experience when being kind, reinforcing the value of kindness.



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## Objective:

To encourage students to reflect on how they can be kind to others and to understand the positive effects kindness has on both the giver and the receiver.

## Players:

Ideal for small groups, classrooms, or family settings.

## Materials:

- Paper
- Crayons, markers, or pens

## Setup:

- Give each student a piece of paper and access to markers or crayons. If using journals,
- each student can record their reflections there.

## Activity:

### 1. Write or Draw a Kindness Action:

Have the students write or draw one way they can be kind to someone today. It could be helping a friend, sharing a toy, giving a compliment, or doing something thoughtful for a family member.

### 2. Reflect on the Impact:

After writing or drawing, students reflect on the impact of their kindness. They can think about how the other person will feel and how kindness makes them feel too.

### 3. Share and Discuss:

If in a group, students can share their kindness ideas with others. This helps them feel connected and reinforces the idea that kindness can come in many forms.

## Reflection Prompt:

- How do you think the person will feel when you show kindness?
- How do you feel when you are kind?
- Why is kindness important?



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## Winning the Game:

There is no winner in this activity. The goal is to reflect on kindness and practice it in daily life, contributing to a positive atmosphere.

## Family or Classroom Variation:

In a classroom or family setting, create a "Kindness Chart" where students can check off or mark off when they perform an act of kindness. This helps track their kindness over time and encourages them to engage in kind behaviours.

## Additional Notes:

Kindness Starts with Me helps students think intentionally about how they can make a positive difference in their relationships. By reflecting on their own actions and understanding the impact of kindness, students will develop empathy, boost self-esteem, and enhance their social and emotional skills. This activity creates an atmosphere where kindness is valued and practised regularly, contributing to a caring community.

