

# Random Acts of Kindness Challenge

# GIVING

To help students practice kindness, develop empathy, and enhance social interaction by completing one act of kindness throughout the day and sharing it with the group. This activity fosters a positive classroom environment and encourages students to reflect on their actions and their impact on others.



## Learning Intentions

**I can practice kindness by completing an act of kindness throughout the day:**

This helps students understand the value of kindness and how it can positively impact others.

**I can develop empathy by considering how my actions affect others and thinking about ways to help them:**

This encourages students to reflect on the needs of others and develop a sense of care and concern for their peers.

**I can improve my social interaction skills by sharing my act of kindness with the group and listening to the kind acts of others:**

This promotes communication, listening, and appreciation for others' positive actions.



## Success Criteria

**I can complete one act of kindness during the day, such as sharing a toy or helping someone with a task:**

This ensures that students actively engage in the challenge and practice kindness through their actions.

**I can explain my act of kindness to the group, describing what I did and how it made someone else feel:**

This helps students articulate their thoughts and reflections on their kind actions, reinforcing the importance of kindness.

**I can listen to others as they share their acts of kindness and appreciate the positive contributions they made:**

This encourages empathy and builds a supportive classroom environment where students celebrate each other's good deeds.

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## Objective:

To help students practice kindness, develop empathy, and enhance social interaction by completing one act of kindness throughout the day and sharing it with the group. This activity fosters a positive classroom environment and encourages students to reflect on their actions and their impact on others.

**Players:** Ideal for 4-20 students.

## Materials:

- None required, but optional: A "Kindness Journal" for students to write down or draw their acts of kindness.

**Time Required:** 10-15 minutes for reflection and sharing, but the act of kindness can happen throughout the day.

## Setup:

Explain the challenge to students and encourage them to think about kind acts they can complete during the day. These acts can be small, like helping a classmate, sharing a toy, or giving a compliment. Ensure that students know they will be sharing their acts of kindness with the group at the end of the day.

## Gameplay:

### 1. Introduce the Challenge:

Explain to students that throughout the day, they are encouraged to complete one random act of kindness. Acts of kindness can include things like sharing, helping someone, giving a compliment, or offering support.

### 2. Complete Acts of Kindness:

Throughout the day, students should engage in kind acts. Remind them that these acts can be simple but meaningful, and the goal is to positively impact someone's day.

### 3. Reflection Time:

At the end of the day, gather the students together and ask them to reflect on the kind acts they completed. Invite each student to share their act of kindness with the group, explaining what they did and how it made someone else feel.

### 4. Celebrate Kindness:

Celebrate each student's kind act and highlight how their actions contributed to a positive atmosphere in the class. Encourage students to appreciate each other's contributions and reflect on the power of kindness.

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## 5. Encourage Ongoing Kindness:

Remind students that kindness doesn't need to be confined to one day. Encourage them to continue performing kind acts regularly, and remind them of how small acts can make a big difference in the lives of others.

### Winning the Game:

There is no winner in this game. The goal is for students to practice kindness and reflect on the positive impact they have on others. Success is measured by participation, empathy, and the willingness to share and listen to others' acts of kindness.

### Family or Classroom Variation:

In a family or classroom setting, students can create a "Kindness Wall" where they write or draw their acts of kindness. This can be displayed in the classroom or at home to inspire others to perform kind acts. Alternatively, students can work in pairs to perform a kindness challenge together and then share their experience with the group.

### Additional Notes:

The "Random Acts of Kindness Challenge" is an excellent way to foster a caring and supportive classroom environment. It encourages students to think about others and practice empathy while contributing to a positive community. This game can be adapted to different age groups and settings by adjusting the complexity of the acts of kindness and encouraging students to reflect on their actions.

