

Kindness Coupons

GIVING

To help students practice kindness, generosity, and social interaction by creating kindness coupons that represent specific acts of kindness. This activity encourages students to reflect on how they can spread kindness and express it through small actions.



Learning Intentions

I can practice kindness by thinking about and creating acts of kindness that I can share with others:

This encourages students to reflect on how they can show kindness and develop a habit of generosity towards others.

I can use creativity to design kindness coupons that represent different acts of kindness, such as sharing, giving a hug, or helping others:

This fosters creativity and allows students to connect their actions with positive deeds that promote kindness.

I can improve my social interaction skills by giving kindness coupons to others and expressing appreciation:

This promotes communication and social bonding, helping students interact in a positive and meaningful way.



Success Criteria

I can create kindness coupons that represent acts of kindness, such as sharing, helping, or showing empathy:

This ensures students are actively engaging with the activity and reflecting on kind actions.

I can think of specific acts of kindness I can do for others, and write or draw them clearly on the coupons:

This helps students reflect on concrete ways to show kindness and enhances their verbal and artistic expression.

I can give the kindness coupons to others and share the kind act I am offering:

This promotes social interaction and reinforces the importance of kindness and generosity in building positive relationships.



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Objective:

To help students practice kindness, generosity, and social interaction by creating kindness coupons that represent specific acts of kindness. This activity encourages students to reflect on how they can spread kindness and express it through small actions.

Players: Ideal for 4-20 students.

Materials:

- Paper or pre-cut coupon templates.
- Crayons, markers, or coloured pencils for decorating and writing.
- Scissors (if needed) to cut the coupons.
- Optional: Stickers or stamps for decorating the coupons.

Time Required: 15-20 minutes.

Setup:

Provide students with paper or pre-cut coupon templates. Ensure they have access to crayons, markers, or other materials to decorate and write on the coupons. If necessary, demonstrate how to create a kindness coupon by writing down an example act of kindness like "One free hug!" or "I will help you clean up."

Gameplay:

1. Introduce the Activity:

Explain to students that they will be creating kindness coupons. Each coupon represents a kind act they can do for someone else, such as helping with chores, giving a compliment, or sharing a toy. Encourage them to think of acts that will make others feel good.

2. Create the Coupons:

Give each student a coupon template (or a piece of paper they can cut into coupon-sized pieces). Ask them to design their kindness coupons by writing or drawing specific acts of kindness. Examples include "One free hug," "I will share my toy with you," or "I will help you clean up." Students can also decorate the coupons with drawings or stickers.

3. Reflect on Kindness:

Once the coupons are completed, ask students to think about how it will feel to give someone a kindness coupon. Encourage them to reflect on how small acts of kindness can make a big difference in someone's day.



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4. Sharing the Kindness Coupons:

After the coupons are finished, invite students to give their kindness coupons to someone else. This can be a peer, teacher, or family member. When giving the coupon, students can share the kind act they are offering and explain why they want to show kindness.

5. Discuss the Impact of Kindness:

After everyone has had a chance to give out their kindness coupons, gather the students together and discuss how they felt when giving or receiving a kindness coupon. Highlight how these small acts can make a big difference in creating a positive, supportive environment.

Winning the Game:

There is no winner in this activity. The goal is for students to reflect on and practice kindness by creating and giving kindness coupons. Success is measured by participation, thoughtfulness, and the positive social interactions that occur as a result of the kind acts.

•••• Family or Classroom Variation:

In a family or classroom setting, students can exchange kindness coupons throughout the week, creating a continuous cycle of kindness. Alternatively, students can create a "Kindness Coupon Box" where coupons are stored and drawn randomly each day to inspire acts of kindness.

Additional Notes:

"Kindness Coupons" is a wonderful way to encourage students to think about how they can show kindness and appreciation in their daily lives. This activity not only promotes kindness but also enhances social interaction, cooperation, and empathy. It can be easily adapted for different age groups by varying the complexity of the acts of kindness or encouraging students to design their own unique kindness challenges.

