

# Kindness Pledge

# GIVING

**To promote kindness by encouraging students to make a commitment to being kind to others every day and display their pledge as a daily reminder.**



## Learning Intentions

**I can commit to being kind to others every day:**

This encourages students to make a personal commitment to practising kindness in their daily lives, fostering a positive attitude and behaviour.

**I can reflect on the importance of kindness in building a supportive community:**

This helps students recognise that kindness contributes to creating a harmonious and respectful environment.

**I can creatively express my commitment to kindness:**

This allows students to reflect on their values and express their commitment to kindness through writing or art.



## Success Criteria

**Writing or Saying a Kindness Pledge:**

Students can write or say a kindness pledge that expresses their commitment to being kind every day, ensuring they understand the importance of kindness and make a personal promise to practice it.

**Decorating the Pledge Creatively:**

Students can decorate their pledge to make it meaningful and visually engaging, encouraging creative expression and personal ownership of the pledge.

**Displaying the Pledge as a Reminder:**

Students can display their pledge as a reminder to stay kind every day, reinforcing the importance of having constant reminders of kindness in the classroom or at home.



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**Objective:** To promote kindness by encouraging students to make a commitment to being kind to others every day and display their pledge as a daily reminder.

**Players:** Ideal for small to medium-sized groups (5-20 students).

## Materials:

- Paper (construction paper or cardstock).
- Markers, crayons, or coloured pencils.
- Stickers, glitter, or other decorations (optional).
- Tape or pins to hang the pledge.

**Time Required:** 15-20 minutes

**Setup:** Provide each student with a piece of paper (large enough to write or draw on). Give them markers, crayons, and any decorative materials they may want to use. Set up a space in the classroom where the pledges can be displayed.

## Gameplay:

1. **Introduce the Kindness Pledge:** Start by discussing the importance of kindness and how it helps everyone feel happy and respected. You could even explain the notion of the ripple effect and 'paying it forward'. Explain that each student will create a "Kindness Pledge" to promise that they will be kind every day, and they will display it as a daily reminder.
2. **Write the Pledge:** Have students write a simple kindness pledge on their paper. Examples could include:
  - "I promise to be kind to others every day."
  - "I will help a friend when they need it."
  - "I will always use kind words and actions."
3. Encourage students to make the pledge personal to them by writing something they can do each day to show kindness.
4. **Decorate the Pledge:** Once students have written their pledges, allow them to decorate the paper with drawings, stickers, and colourful designs. This step encourages creativity and makes the pledge more meaningful and engaging for the student.
5. **Display the Pledges:** Have students hang their Kindness Pledges on a wall or bulletin board in the classroom where everyone can see them. This creates a visual reminder for the class to practice kindness every day.

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**6. Reflection Time:** After the pledges are displayed, briefly discuss with the students how they feel about their pledges and why kindness is important. Ask questions like, "How do you think your kindness will affect others?" and "How can we all work together to make sure we stay kind every day?"

**Winning the Game:** There is no winner in this activity. The goal is to promote kindness and build a supportive community by encouraging each student to commit to practising kindness every day.

**Additional Notes:** The Kindness Pledge is a simple but powerful way to reinforce the importance of kindness in students' lives. By writing and displaying their pledges, students are more likely to internalise their commitment to kindness and carry it with them throughout the day. The visual reminder helps to keep kindness at the forefront of their minds, promoting positive behaviour in the classroom and beyond.

