

Kindness Partner Challenge

GIVING

To encourage students to collaborate with a partner and practice kindness through shared tasks, fostering cooperation, empathy, and mutual support.

Learning Intentions

I can work together with a partner to practice kindness:

This encourages students to collaborate with others while actively engaging in acts of kindness.

I can reflect on the ways I help and support others:

This promotes self-awareness and helps students recognise the positive impact of their actions on others.

I can learn from others through sharing experiences and acts of kindness:

This helps students understand the value of mutual support and the benefits of working together in a positive way.

Success Criteria

Working Together on a Kindness Challenge:

Students can work with their partner to complete a kindness challenge, ensuring they are actively engaged in the challenge and cooperating with each other.

Reflecting on Support and Learning:

Students can reflect on what they learned from their partner and how they supported each other, encouraging them to think about how their actions contribute to building stronger, more supportive relationships.

Sharing Experiences and Lessons Learned:

Students can share how they helped each other and discuss what they learned from the experience, verbalising their reflections on the importance of kindness and cooperation.



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Objective: To encourage students to collaborate with a partner and practice kindness through shared tasks, fostering cooperation, empathy, and mutual support.

Players: Ideal for pairs of students (1:1 partnerships).

Materials: A list of kindness challenges to give to each pair of students. We think the best way to create this list is to do a brainstorm with the class and give them ownership over the challenges they will complete. Please note this is optional, you can simply create the pairs and allow each pair to get creative and come up with their own challenge they wish to complete.

Time Required: 10-15 minutes

Setup: Pair students together and explain that they will work on a kindness challenge for the day. Give them a simple task to complete together, or have them create their own (e.g., helping each other with a classroom activity, sharing materials, or working together to solve a problem).

Gameplay:

1. Introduce the Challenge: Begin by explaining the objective of the activity: students will work together with their partner to complete a kindness challenge. Examples of challenges could be:

- Help each other complete a task (e.g., cleaning up or organising materials).
- Share something with your partner (e.g., a book, toy, or snack).
- Offer compliments or words of encouragement to your partner throughout the day.

2. Complete the Challenge: Students will work together to complete the kindness task.

Remind them to be mindful of the task and how they can help and support their partner.

3. Reflection Time: At the end of the day, gather the students together and have them share their experiences. Ask questions like:

- “How did you help your partner today?”
- “What did you learn from your partner?”
- “How did it feel to work together on a kindness task?”

4. Celebrate Kindness: Celebrate the efforts of all students by acknowledging the different ways they showed kindness to their partners. Reinforce the importance of cooperation and the positive impact of small acts of kindness.

5. Continuation: You can assign different kindness challenges each week, and allow students to pair up with different classmates. This promotes inclusivity and strengthens relationships in the group.



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Winning the Game: There is no winner in this activity. The goal is to build stronger connections through kindness and collaboration. Success is measured by the students' willingness to support each other and reflect on their shared experiences.

Additional Notes: The Kindness Partner Challenge is a simple yet effective way to help students practice empathy, teamwork, and support for others. By focusing on helping and learning from each other, students develop stronger social connections and a deeper understanding of the importance of kindness. This activity can be adapted and repeated regularly to encourage continuous positive behaviour in a classroom or group setting.

