

Kindness Coupons

GIVING

To encourage students to engage in acts of kindness by creating and giving "Kindness Coupons" that offer thoughtful gestures to classmates.



Learning Intentions

I can recognise the importance of kindness in building positive relationships:

This encourages students to understand how acts of kindness can improve the classroom environment and make others feel valued.

I can create a thoughtful and meaningful gesture to show kindness:

This helps students engage in creative thinking and consider how they can be kind in ways that are personal and helpful to others.

I can practice giving and receiving kindness:

This allows students to experience the act of kindness from both perspectives—giving kindness to others and receiving it in return.



Success Criteria

Designing a Kindness Coupon:

Students can design a "Kindness Coupon" that includes an act of kindness they can perform for someone, ensuring they actively participate in the creation of the coupon and think about how they can help or support others.

Giving the Kindness Coupon to a Classmate:

Students can give their Kindness Coupon to a classmate as a gesture of kindness, reinforcing the idea of sharing kindness with others in meaningful ways.

Reflecting on the Impact of Kindness:

Students can reflect on how it feels to perform acts of kindness and see others benefit from their actions, encouraging reflection on the positive impact of kindness and building empathy through action.



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Objective: To encourage students to engage in acts of kindness by creating and giving "Kindness Coupons" that offer thoughtful gestures to classmates.

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

Materials:

- Construction paper or cardstock for creating coupons.
- Markers, crayons, or pens for decorating.
- Scissors (for cutting coupons into the desired shape, if needed).
- Stickers or other decorative items (optional).

Time Required: 15-20 minutes

Setup: Provide each student with a piece of construction paper or cardstock and art supplies for decorating. You may also want to have a sample of a "Kindness Coupon" to show students, so they understand the type of gesture they can offer.

Gameplay:

1. **Introduce Kindness Coupons:** Begin by discussing what kindness means and how simple gestures can make a big difference in someone's day. Explain that students will create "Kindness Coupons" that they can give to their classmates as a way to spread kindness and show support.
2. **Design the Coupons:** Have each student design their own "Kindness Coupon." On the front of the coupon, they should write something kind they are willing to do for someone else (e.g., "I'll help you with your homework," "I'll share my snack," "I'll give you a compliment," "I'll help you tidy up"). Encourage them to be creative with their designs, using colours, stickers, and drawings.
3. **Give the Coupons:** Once the coupons are ready, students can give their coupons to their classmates. Encourage students to be thoughtful when selecting who to give their coupon to and consider the kindness they are offering.
4. **Reflection Time:** After the coupons are given, gather the students together and ask how it felt to give and receive kindness. Ask questions like:
 - "How did it feel to give your coupon to someone?"
 - "How did the person receiving your coupon feel?"
 - "What are some other ways you can be kind to others?"



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Winning the Game: There is no winner in this activity. The goal is to spread kindness and promote positive interactions between students. The success comes from the act of kindness itself, not from a competitive element.

Family or Classroom Variation: In a family or classroom setting, you can turn this activity into a classroom-wide kindness initiative. Set up a "Kindness Coupon" board where students can add coupons throughout the week. At the end of the week, reflect on the acts of kindness that have occurred and discuss how these actions have impacted the classroom community.

Additional Notes: Kindness Coupons are a fun and interactive way to reinforce positive behaviours and encourage kindness in the classroom or home. This activity helps students recognise that small gestures can have a big impact on others, and it creates a culture of appreciation and support. By allowing students to actively engage in creating and giving kindness, they develop a greater understanding of how their actions affect those around them.

