

Secret Acts of Kindness

GIVING

To encourage kindness in a fun and anonymous way by having students perform secret acts of kindness for their classmates, fostering a positive and supportive environment.



Learning Intentions

I can practice kindness in an anonymous and fun way:

This encourages students to perform acts of kindness without seeking recognition, helping them focus on the joy of giving rather than receiving attention.

I can reflect on how performing acts of kindness makes others feel:

This helps students develop empathy by thinking about how their actions positively affect others, even if the kindness is done secretly.

I can understand the importance of spreading kindness in a group or community:

This promotes a culture of kindness, where everyone contributes to making the environment more positive and supportive.



Success Criteria

Writing Down a Kind Act for Someone Else:

Students can write down a kind act they can do for someone else, ensuring they are actively engaged in thinking about how they can help others and what specific kind acts they can perform.

Performing a Secret Act of Kindness:

Students can perform a secret act of kindness for a classmate, encouraging them to take action and complete the task anonymously, reinforcing the power of kindness without expecting anything in return.

Reflecting on the Impact of Kindness:

Students can reflect on how it feels to perform kindness and how it impacts others, helping them understand the personal satisfaction and positive impact of kindness.



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Objective: To encourage kindness in a fun and anonymous way by having students perform secret acts of kindness for their classmates, fostering a positive and supportive environment.

Players: Ideal for small to medium-sized groups (5-25 students).



Materials:

- Paper and pencils for writing the kind acts.
- Envelopes to hold the kind acts.
- A container or box to store the envelopes.

Time Required: 10-15 minutes to set up, with the activity taking place over the course of a week.



Setup: Give each student a piece of paper and a pencil. Provide envelopes where they can place their written kind acts. Set up a container where all the envelopes can be stored, and make sure each student knows how to randomly pick an envelope during the week.

Gameplay:

1. **Introduce the Concept of Secret Acts of Kindness:** Begin by discussing what kindness means and how small, thoughtful actions can make a big difference in someone's day. Explain that the goal of the activity is to practice kindness secretly, without expecting anything in return.
2. **Write the Kind Acts:** Ask each student to think of a kind act they can do for someone else, either within the class or school. Examples might include: "I will help someone carry their books," "I will give a compliment," or "I will draw a picture for a friend." Have students write these kind acts on pieces of paper.
3. **Place the Acts in Envelopes:** Once the students have written their acts of kindness, they should fold the paper and place it in an envelope. All the envelopes should be collected and stored in a central location where students can access them later.
4. **Pick an Envelope and Perform the Act:** Over the course of the week, students will randomly pick one envelope from the container. They will then perform the act of kindness described inside the envelope for someone else in the class, keeping the action a secret.



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5. Reflection Time: At the end of the week, gather the students together and discuss the experience. Ask questions like:

- "How did it feel to do something kind for someone without them knowing?"
- "How do you think the person felt when you did the kind act?"
- "What other kind acts could we do to make others feel happy?"

6. Variation: Instead of having students randomly pull kindness envelopes out throughout the week, you can have each student pick a random envelope one by one once they have been placed in the box/container. The students can then have the rest of the day or the rest of the week to complete the kindness challenge they pulled out.

Winning the Game: There is no winner in this activity. The goal is to spread kindness and reflect on how it feels to help others. Success is measured by the students' ability to complete their acts of kindness and reflect on the positive impact of their actions.

Additional Notes: Secret Acts of Kindness is a simple yet powerful activity that encourages students to think about how they can impact others positively. By keeping the acts anonymous, students focus on the joy of giving rather than receiving recognition. This activity fosters a culture of kindness and empathy, encouraging students to practice selflessness and reflect on the power of small gestures.

