

Kindness challenge

1-8

Objective:

To help students display positive social skills towards each other and develop a sense of a community working together.



Materials:



Felt pens



Kindness table
(see over page)

Method:

- Give a copy of the kindness table (*over page*) to each student at the start of the week.
- Have students colour in the squares as they complete each act of kindness.



Give someone a nice compliment.	Hold the door open for another person.	Learn to say thank you in a new language.	Ask someone about their day.	Let someone go in front of you in line.
Wave to a friend.	Help someone with their work.	Say 'Hi' to someone new.	Write a positive note to someone.	Find something you have in common with a classmate.
Make someone smile.	Give someone a high five.	Share a snack with someone who doesn't have one.	Make a thank you note for someone.	Write down three reasons you are proud of yourself.
Sit with someone new at lunchtime.	Create your own kind deed.	Greet a staff member: ask how their day is going.	Cheer someone up who is having a bad day.	Help someone before they ask.





kindness

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