

Acts of kindness

Outcome:

To help students display positive social skills towards each other and develop a sense of the whole community working together. Through this activity the whole school community will build up a collection of 'acts of kindness' that occur over the week. This, in turn, results in a visual representation of individual behaviours contributing to a whole-school outcome.

For extra motivation you could agree to set a school target to achieve, for example, 200 acts of kindness (or mark a level on the jar for the school to aim for).

Background:

Research suggests that to prevent bullying situations it's most effective to work at developing children's social skills. For example, listening, showing empathy and being friendly.

Creating opportunities for students and staff to jointly identify and encourage positive behaviours and acknowledge these behaviours helps to create a safer school climate for everyone.

Materials:



☐ Large jar



☐ Felt pens



☐ Pieces of paper



Method

The teacher can introduce this activity by discussing what kindness means in their classroom or school – what it looks like, feels like, sounds like.

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The words for kindness that the students suggest could each be written on an 'Act of Kindness card' using the template provided. This helps foster a sense of ownership by the students. Alternatively, the suggested words on the card template provided could be used.

The teacher could ask the class for one or two examples of kindness that the students had seen that week and demonstrate filling out a card based on these examples.

Cards are then made available for all students and staff to fill out over the week. Younger students can report acts of kindness to adults or older students, who can fill out the card for them.

This could be:

- shared on individual Acts of Kindness Cards displayed on a wall in each classroom and/or a common place in the school for all students/staff to contribute to and see
- written / drawn, collected and displayed in a jar
- typed into a shared page online.

At the end of the week, hold a celebration to mark acts of kindness seen / recorded across the whole school. Whānau and community could be invited to the assembly where acts of kindness are randomly selected and read out.

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Notes

Act of kindness at:

This Card is given to:

In recognition of an act of kindness, being:

☐ Friendly ☐ Helpful ☐ Caring ☐ Thoughtful ☐ Generous ☐ Other

What did they do?

.....
.....

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