

Log an act of kindness - Gratitude

EXPLANATION:

The phrase 'random acts of kindness' is relatively well known all over the world. This activity asks students to reflect on times that they have acted kindly to others or consider ways that they could practise random acts of kindness. What can you log on the Kindness Log at the Kindness Factory:

<https://kindnessfactory.com/kindness-log/>

YEAR LEVELS: Years 7–10

STUDENT GROUPING: Group discussion – individual reflections and logs

ACTIVITY LENGTH: 45mins approx.

LINK TO CURRICULUM:

Information and Communication Technology Capability learning continuum

- Applying social and ethical protocols and practices when using ICT element (Identify the impacts of ICT in society)
- Investigating with ICT element (Locate, generate and access data and information)
- Communicating with ICT element (Collaborate, share and exchange)

See also Personal and Social Capability learning continuum sub elements:

- Communicate effectively
- Understand themselves as learners
- Work collaboratively
- Contribute to civil society

SCOPE OF TASK:

Put simply, a Random Act of Kindness is doing something kind for someone else without asking or expecting something in return. Random acts of kindness create feelings of gratitude and have benefits for all involved.

1. Share with the students the importance of kindness and gratitude. There are scientifically proven benefits of being kind. For example, kindness drives energy and esteem producing serotonin which generates that feeling of calmness and even helps heal wounds (see for example: <https://www.psychologytoday.com/au/blog/raising-happiness/201002/what-we-get-when-we-give>). Ask students to research the topic on the internet and find other benefits of kindness and gratitude – discuss safe searching protocols. Spend 10 mins researching the topic.
2. Ask students to write the benefit they found on a *Post It*® note and display it on the white board. Summarise all the benefits that were discovered.
3. Ask students to share their knowledge of random acts of kindness. If necessary, conduct an internet search to find out more about the phenomenon. What can students find out about the topic?
4. Look the Kindness Factory and explore the website: <https://kindnessfactory.com/kindness-log/>
5. Consider the random acts of kindness that have been posted. Explore to determine categories and examples of logs posted.
6. Question the students regarding their experiences. Have they have conducted any 'random acts of kindness'?
 - What did they do?
 - Was the act for a stranger or someone they knew?
 - How did it make them feel?
 - How do they think the other person felt?
7. Encourage the students to log their own act. Discuss what would they write? Give the students 10 – 15 mins log their own act of kindness.
8. Invite students if they feel comfortable to share their log with the class group.
9. In conclusion ask students how they felt contributing to the Kindness Log? Over the next few weeks monitor the Kindness Log and see how the number of acts grow and get ideas for how the students can also engage in acts of kindness.



RESOURCES:

- Pens
- Paper
- Computers
- Internet.