

## Log an act - Humility

### EXPLANATION:

Simple acts of kindness can demonstrate humility, empathy and care for others. Considering and responding to the needs of others are central to humility. Students in this activity are encouraged to acknowledge someone else in a Log of Kindness.

**YEAR LEVELS:** Years 1–3

**STUDENT GROUPING:** Group discussion and individual logging of acts

**ACTIVITY LENGTH:** 40–60 mins and time with a teacher aide or parent to log an act

### LINK TO CURRICULUM:

#### **Personal and Social Capability**

##### ***Social awareness***

This element involves students recognising others' feelings and knowing how and when to assist others.

Students learn to show respect for and understand others' perspectives, emotional states and needs. They learn to participate in positive, safe and respectful relationships, defining and accepting individual and group roles and responsibilities. Students gain an understanding of the role of advocacy in contemporary society and build their capacity to critique societal constructs and forms of discrimination, such as racism and sexism. In developing and acting with personal and social capability, students:

- appreciate diverse perspectives
- contribute to civil society
- understand relationships.
- show an awareness for the feelings, needs and interests of others

##### ***Appreciate diverse perspectives***

- acknowledge that people hold many points of view

##### ***Understand relationships***

- identify ways to care for others, including ways of making and keeping friends

## SCOPE OF TASK:

Humility includes many qualities such as kindness, generosity, compassion and patience. It requires one to consider the needs and feelings of others and to show empathy. Expressing your gratitude to others will require acknowledging them and the contributions they make to our lives.

1. Question students to determine their knowledge of humility and being humble. Connecting humility to the following concepts might assist:

- understanding and acknowledging that you are not always right
- considering the needs of a team instead of the individual player
- acknowledging others' talents and actions (even if they are better than your own).

Log an Act!



2. Ask students to consider people who are better at things than them. Examples could include:

- Can read more difficult books
- Have worked really hard to do neat handwriting
- Faster runners
- Can play the flute or other musical instrument.

Assessing prior knowledge and understanding will determine whether students can acknowledge others (friends, family members or teams) skills, efforts, needs or feelings — these are foundation skills for humility.

3. Ask students to share examples of when they or others have been humble. Depending on the students experience you may need to provide an example such as:

- 'My sister has practised the guitar every day and now she can play it better than me. I am very happy for her.'
- 'My friend has spent a lot of time helping me learn how to play chess, I am very grateful.'

4. Show the students the Kindness Factory website: <https://kindnessfactory.com/>. Explore the different features of the website

5. Enter the Kindness Log and see what acts of kindness have been logged

6. Tell the students that they also can log an act acknowledging someone else and their gratitude for that person

7. Students can draft sentences and then conference with the teacher or teacher aide to finalise their log

8. Students will need access to the computer and the internet to log their act therefore this part of the activity could be completed during small group time or with the assistance of parent helpers. It could also form part of a homework task and parents can become involved in logging the acts

9. Once the students have submitted their logs the class can review the logs online and celebrate their contributions

To reinforce the concepts of kindness, gratitude and humility send communication to parents and caregivers about the Kindness Factory and log. Families can also engage with the site.

## RESOURCES:

- Pens
- Writing books
- Computers
- Internet