

I choose kindness - Log an act of kindness

EXPLANATION:

When we show kindness to others we make an intentional choice to help someone else and make their day better. Simple acts of kindness can lift someone else's spirits, make them feel acknowledged and connected. We have the power to choose how we act and whether to be kind. This activity explores how choosing to be kind can be a powerful act. Students can choose a kind act, do it and log it on the Kindness Factory: <https://kindnessfactory.com/kindness-log/>



YEAR LEVELS: Years 1–3

STUDENT GROUPING: Group discussion and individual logging of acts

ACTIVITY LENGTH: 30 mins and time to log an act on the Kindness Factory

LINK TO CURRICULUM:

This activity connects to many curriculum and social and emotional learning objectives. But this activity has been developed purely and simply to promote kindness! Because kindness matters, is powerful and makes a difference to people all over the world!

#onesmallact #kindnessfactory

SCOPE OF TASK:

Kindness involves choice and there are so many different ways to be kind!

1. Discuss with students' kindness and its importance. Some points to consider might include:
 - What is kindness?
 - Can you choose kindness?
 - What does it mean to choose to be kind?
2. On a whiteboard with the assistance of the students write kindness scenarios. Create a table and students can provide examples of choosing kind actions and/or choosing to do nothing. Depending on students' prior experience and knowledge the teacher could provide an initial example:

Choosing nothing looks like: walking past someone who has dropped their bag

Choosing to be kind looks like: stopping and helping someone to pick up the things they dropped and giving them a smile

Choosing nothing looks like...	Choosing to be kind looks like...

Whilst having this conversation ask students what difference do they think a kind act will make to others?

3. Ask the students to take some quiet time to think about something they can choose to do that would be kind and make a difference. Give the students the task of completing their act of kindness in 24 hours and coming back to the class tomorrow to share what they did and what happened.
4. **The day after...** bring the class together to discuss their acts of kindness. Ask two questions:
 - Who did you choose to show kindness to?
 - What did you choose to do?
5. Once students have shared their acts provide more time for students to upload their acts of kindness to the Kindness Factory. Suggest to the students a writing model:

I choose kind!

I chose to _____

If students are not familiar with the Kindness Factory provide an introduction. Visit the Kindness Factory and encourage the students to explore the website: <https://kindnessfactory.com/>. Look at the Kindness Log and review some of the acts that have been logged.

6. When the students have completed their logs bring the class together to review the logs that have been posted on the Kindness Factory. During group time the teacher can find the acts on the Kindness Factory and read them back to the children. In reflection the children can be asked to share more details about what they chose to do and elaborate on the act of kindness.

Notes:

- Sharing details about the activity with parents and caregivers will ensure that the acts of kindness are also receiving parental support and acknowledgement. Families can also engage with the site.

- Students will need access to the computer and the internet to log their act therefore students will need to be aware of safe internet practices or supported by the teacher/adult



Every time we perform an act of kindness we get to choose to acknowledge and value someone else. There are always opportunities to be intentionally kind!

RESOURCES:

- Whiteboard
- Kindness Factory log: <https://kindnessfactory.com/>
- Computers and internet