

# Kindness is your superpower! - Log an act of kindness

A perfect activity to use when celebrating World Kindness Day!

## EXPLANATION:

Even very young children can spread kindness and make others feel good with small actions. Using the storybook *Kindness is my Superpower* by Alicia Ortego, this activity explores acts of kindness and how we have the power to choose how we act and whether to be kind. The activity also provides an opportunity for children (with the assistance of teachers and adults) to log their own acts of kindness on the Kindness Log at the Kindness Factory:

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



**GRADE LEVELS:** PreK - Kindergarten

**STUDENT GROUPING:** Group discussion and individual logs on the Kindness Factory website

**ACTIVITY LENGTH:** 20 mins, plus time with an adult to log an act online

## SCOPE OF TASK:

Awareness of kindness and how behaviors impact others is crucial to children’s social and emotional growth and development. In the early years children mostly associate kindness with *doing* something – a behavior. Examples include physically helping someone, smiling at someone else, or allowing someone else to go first at an activity. Simple acts like these that show care for others can be celebrated by children and adults and can be presented as a “super power.”

1. During group time discuss kindness with students. Questions could include:
  - What does kindness look like? Students can suggest real world examples
  - How can you be kind to others?
  - Why should we be kind to other people?
1. Introduce the book *Kindness Makes Us Strong* by Sophie Beer to the whole group of students. Tell students that we are focusing on how Lucas (the main character of the book) discovered kindness and what he does. Click on the link to hear the story narrated:



3. Sit with the students in a circle and reflect on the story. How was kindness enacted? In the book the character Lucas suggests that “kindness has magical powers.” What does this mean?
4. Ask each child to name a kind thing they have done for someone. Each time suggest to the child that their actions were like a super power because it made a positive difference to someone else. Everyone can have the super power of kindness! Share or project the Kindness Factory website: <https://kindnessfactory.com/>. Look at where people have logged acts of kindness and read out examples. Discuss the acts and how they might have made the receivers feel. What did the super power of kindness do?
5. Inform the children that during the day they will get the chance to speak with a teacher or adult in the room and create their own log of kindness and post online about their super power of kindness.

During the day the teacher/adult can ask children one on one if they would like to discuss something kind that they have done for someone. The question can be asked, “What was your super power act of kindness?” The student can narrate the story and the teacher can complete

the log for the child. One idea is to start each log can with “**I used my super power of kindness when...**”

Read the log back to the child for approval before it is posted. The child can hit the button to post the act of kindness.

6. At the end of the day when all the acts have been logged, the teacher can find the acts on the Kindness Factory and read them back to the children. To reflect, ask students how else could they use their super power?



**Suggestion:** Share with parents and caregivers the learning outcomes and aims of the activity to reinforce concepts of kindness and the super powers of kindness. Parents and caregivers can also log onto the Kindness Factory to see their child’s post or make a post themselves.

## RESOURCES:

- Kindness Factory log: <https://kindnessfactory.com/>
- Laptop and internet access
- Ortego, A. (2020). *Kindness is my Superpower*. Alicia Ortego, New York.
- Online book reading: The Kindness Curriculum - *Kindness is my Superpower*, from <https://youtu.be/LHak7dFbeEg>

