

Acts of Kindness

CASEL Core Competencies: Relationship skills, self-awareness, social awareness

State Health Standards: Standard 4, Standard 5

Learner/Participant Objectives: Respect for others, impact of acts of kindness, empathy

Facilitator Tips: Find relevant examples of recent acts of kindness within the community, local news or pop culture. Having real life examples can support youth in putting the impact of kindness into perspective.

Key Terms: Kindness, egalitarian

Time: 30 Minutes

Materials needed: White board/sticky notes, (optional) TV/table/phone to show videos of Random Acts of Kindness

Background: Being kind is the opposite of being cruel, because it helps another person feel good instead of bad—it gives a person a good feeling rather than takes away a good feeling. Sometimes an act of kindness can be as simple as a compliment. Stress that acts of kindness are selfless. That is simply, “It’s not all about you.” Exchanging an egocentric mentality for an egalitarian one is a key step towards empathizing with others.

Resources:

- [101 Of The Best Random Acts of Kindness Ideas](#)
- [Random Acts of Kindness](#)
- [101 Random Acts of Kindness – Simple Ideas to Make a Difference](#)

Discussion Questions

Use the discussion questions below to open conversation.

- Have you ever shown someone else kindness for no reason?
- Has anyone ever done something nice to you without receiving anything in return?
- How did it make you feel?

Procedure

- What are examples of acts of kindness? Ask Participants to describe one nice thing they did for someone else, an act of kindness, how it made the other person feel, and how it made them feel. Ask Participants to share times someone was kind to them.
- Write the feeling words on the whiteboard/sticky notes to reinforce the positive impact of an act of kindness

- Have each Participant plan one act of kindness that they will do that day for someone else in the group or in their family
- At the end of the day, or the following day, have Participants report on their acts of kindness. Have them answer the following questions:
 - How did this act of kindness make you feel?
 - How did the person receiving the kindness respond?
 - How do you think you would feel if you had done the opposite to an act of kindness and bullied someone instead?
- Conclude the activity by pointing out that an act of kindness is not only a great thing to do for someone else, but it makes you feel good too and that is a bonus.