

World Kindness Day

Actual Holiday: November 13

First Celebrated: 1998



Introduction

World Kindness Day was started by the World Kindness Movement. It's a day to highlight good deeds and focus on the positive power of kindness. Kindness brings us together and helps us connect with one another. Celebrate this day in your classroom by talking about kindness and having students take part in a kindness challenge that will help them learn how good it feels to be kind to others.

Materials

- *My Kindness Challenge* activity sheet (page 71)
- pencils
- art supplies

The Activity

- Tell students that today they will be celebrating World Kindness Day. Begin a discussion about kindness by telling them about a time when someone did something kind for you and how meaningful that was to you.
- Ask students to talk about times when someone was kind to them without expecting anything in return. How did it make them feel? Did that experience make them want to do something kind for that person or for other people?
- Tell students that they are going to take part in a kindness challenge. Have them think about kind things that they could do for people whom they know and people whom they do not know. Write these ideas on the board. The following are some suggestions to add to student ideas:

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| - Set the table without being asked. | - Leave positive notes in a public space. |
| - Help make meals at home. | - Put change in a vending machine. |
| - Bake cookies for a neighbor. | - Hold a door open for someone. |
| - Help an elderly neighbor. | - Make a thank you sign for a sanitation worker. |
| - Talk to someone sitting alone. | - Pick up litter and put it in the trash. |
| - Invite someone sitting alone to play at recess. | - Put a kindness note in a library book you are returning. |
| - Donate toys. | - Color some kindness rocks. |
| - Donate books you no longer read. | - Send someone a letter or postcard through the mail telling them they are important to you. |
| - Donate food, blankets, or towels to an animal shelter. | - Write positive messages in chalk on the sidewalk. |
| - Smile at five new people. | |

- Have students decide what three of acts of kindness they would like to perform. Distribute the *My Kindness Challenge* activity sheet to students. Have them write about or draw the three acts of kindness they chose.
- Post the drawings on a bulletin board or in another prominent location. Give students a time frame (a couple of weeks or longer) in which you would like them to perform their acts of kindness. When students have completed their acts of kindness, they should write the date that they did them on their activity sheets below each picture or written description. If possible, ask parents or family members to take pictures and email the pictures to you so that you can add them to the display. When students have performed all three of their acts of kindness and reported back to you, add a smiley face or a star to their drawings.
- When a large number of students have reported back that they have performed their acts of kindness, have a class discussion about their experiences. How did they feel when they did their acts of kindness? Did they experience anything unexpected? Would they do it again? Were there any acts of kindness they especially liked performing? If they were kind to specific people, how did those people react? Did other people's reactions make them want to perform more acts of kindness? What did they learn about kindness?

Name: _____

My Kindness Challenge

