

Activity #1

Acts of Kindness

Helping students to develop the virtue of kindness will help them to become more compassionate and to think of others. In this activity students will have the opportunity to offer their help to others and to recognize when others are displaying kindness toward them.

Curriculum Link:

Health — relationship choices

Materials:

Acts of Kindness slips of paper (see reproducible on p. 26)
Box for the slips, labelled "Acts of Kindness"

Procedure:

1. Begin by asking the students if they think that sometimes we can be unkind and yet we don't intentionally mean to hurt anyone. We just think we are being funny. Could playing a joke on someone ever be considered an unkind act?
2. Ask the students to recall something in the story that Christopher did that would be considered an unkind act.
3. Invite the children to share a time when someone did something to them that was unkind. Ask: How did that make you feel? What did you do?
4. Refer back to the story and ask the children if they felt one of the characters in the story had displayed an act of kindness. Have the children describe a time that someone was kind to them. Ask: What did they do for you? How did that make you feel?
5. Explain to the students that they are going to have the opportunity to display an act of kindness to a family member or friend.
6. Brainstorm with the children something kind that they could do for another person, e.g. open the door or help set the table for dinner. Record these on chart paper.

7. Have the students select one idea from the chart and fill out an Act of Kindness slip. Tell the students not to put their name on the slip.
8. Place the slips of paper in a mystery box labelled "Acts of Kindness" and have each student draw out a slip. If they pull out their own paper have them return it to the box and draw again.
9. Explain to the children that they have 24 hours to carry out their Act of Kindness.
10. After the 24 hours is over, have the students share with the class the kind act that they did for a family member, friend or neighbour.

Extension:

- As a follow-up to this activity you could have a "Peer Catching Peers" week where the children catch their peers displaying an act of kindness. If they observe their peers carrying out a kind act, e.g. helping someone at recess or inviting someone to play, they could fill out an Act of Kindness slip (see reproducible). At the end of the week you could share some of the kind acts the students caught their peers performing and have a draw for a prize.

Literature Connections:

- Other books to share with the students might include:
How Kind, by Mary Murphy
Glenna's Seeds, by Nancy Edwards
I Like Your Buttons!, by Sarah Marwil Lamstein

