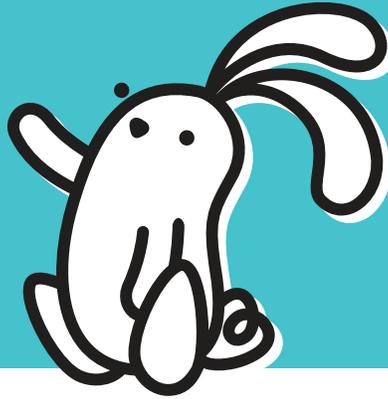# FALL 2016 KINDNESS SPOTLIGHT
ACTIVITIES

Social and Emotional Learning (SEL) empowers your students in many ways. Students who are taught how to improve their SEL skills do better in school, on tests, and in life. One way to build SEL skills and encourage your students to perform acts of kindness is by adding Kindness Spotlight activities to your classes. Kindness Spotlight activities are quick and easy, yet have the power to inspire your students to be more kind.

Each month, the Random Acts of Kindness Foundation will spotlight two elementary and two middle school activities based on a Kindness Concept. Choose at least one activity to implement with your students during the month to keep kindness in the spotlight in your classes!

FAIRNESS:
- Treating people in a way that does not favor some over others.

- There's a reason we cheer on heroes who champion justice. We all value fairness (not favoring some people over others).

INTEGRITY:
- Doing what is right even when no one is watching.

- True kindness isn't done for the glory. It's done because you know it's right. That's integrity: doing what's right, even when no one is watching.

December
Fairness & Integrity

ELEMENTARY

Spotlight Activity: Following the Rules: RULES IN THE CLASSROOM
Students determine what makes their class rules fair for everyone.

Spotlight Activity: Respecting Beliefs and Opinions: UNDERSTANDING EACH OTHER'S BELIEFS AND VALUES
Students interview each other, discuss what they have in common and what is different, and consider ways to respect each other's differences and opinions.

MIDDLE SCHOOL

Spotlight Activity: Peer Pressure: PEER PRESSURE VISUAL RESPONSE
After viewing videos with students responding to peer pressure situations, students create responses they could use in various situations to resist peer pressure.

Spotlight Activity:
Honesty and Integrity: DEFINING HONESTY AND INTEGRITY
Students examine the meaning of the words "honesty" and "integrity." They respond to quotes about integrity and what the quotes mean to them.