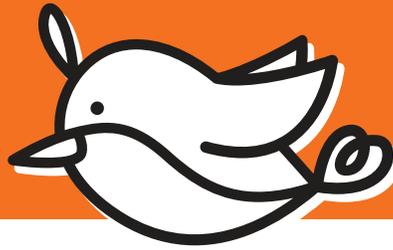FALL 2016 KINDNESS SPOTLIGHT

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!

GRATITUDE:

- Being thankful for and appreciating what you have and those around you.

- Sometimes the kind thing to do is to just be thankful for what someone has done for you, or what you have. That's gratitude.

RESPECT:

- Treating people, places and things with kindness.

- Kindness begins when you're simply thinking about other people's needs. This is where respect comes in – by thinking about how you'd like to be treated yourself, respect shows you how to treat other people.

November
Gratitude & Respect

ELEMENTARY

Spotlight Activity:
How Can I Be Kind?: GRATITUDE POEM
Students discuss gratitude and things they are thankful for and then create gratitude poems.

Spotlight Activity:
It Takes One: IS IT JOKING, TEASING OR BULLYING? ACTIVITY
Students take a look at the differences between joking, teasing, and bullying and examine scenarios to decide which is which.

MIDDLE SCHOOL

Spotlight Activity:
Self-Esteem: SELF-IMAGE AND SELF-ESTEEM DISCUSSION
Students discuss the importance of self-esteem and examine their own skills and behaviors that they are grateful for.

Spotlight Activity:
Resolving Conflicts Peacefully: BALLOON ACTIVITY AND DISCUSSION
Students examine positive and negative ways to resolve conflicts.