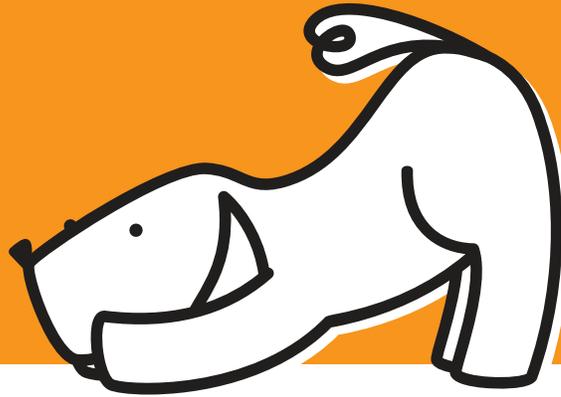


FALL 2016 KINDNESS SPOTLIGHT

# 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!

## HELPFULNESS:

- Assisting or serving in a kind way.
- You can absolutely be kind in attitude, but helpfulness is specifically about action—actively assisting someone who's in need.

## RESPONSIBILITY:

- Being reliable to do the things that are expected or required of you.
- Sometimes being kind is doing what you know needs to be done, instead of waiting until someone else tells you to do it.

## October Helpfulness & Responsibility

### ELEMENTARY

**Spotlight Activity: How Can We Be Kind?:** [PENNIES WITH A PURPOSE](#)

In this activity, students develop a fundraising plan and put it into action to raise money (pennies) to donate to a cause of their choice. Students have an opportunity to extend their learning through two extension activities in math and literacy.

**Spotlight Activity: Feelings and Emotions:** [WAYS TO RESPOND ACTIVITY](#)

Students discuss how to react when they are angry and learn that being prepared for it will help them to manage their anger.

### MIDDLE SCHOOL

**Spotlight Activity: Communicating Effectively:**

[GOVERNMENT CONFLICTS AND COLLABORATION](#)

Students in groups conduct research on both sides of an issue of their choice then analyze and discuss how well proponents on either side work together (or not).

**Spotlight Activity:** [BECOME AN UPSTANDER!](#)

After viewing two videos, students discuss the importance of standing up to bullies and strategies they can use to become an "upstander."