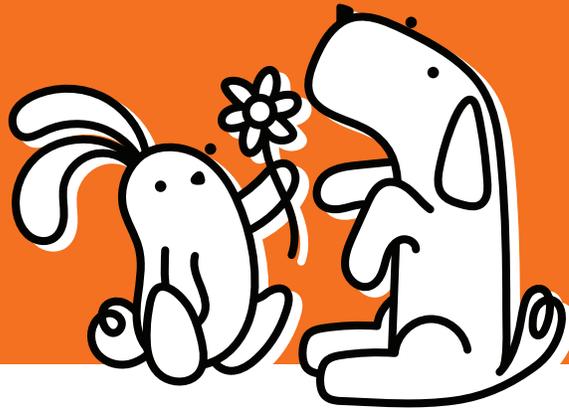


SPRING 2017 KINDNESS SPOTLIGHT

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. SEL strategies and kindness can and should be taught. 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 to implement, 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!

SELF-CARE:

- Taking care of yourself through kind words, actions and thoughts

COMPASSION:

- Being aware when others are sick, sad, or hurt and wanting to help

February Self-Care and Compassion

ELEMENTARY

Spotlight Activity: How Can I Be Kind?: [THE KINDNESS AND GRATITUDE GAME](#)

Students take turns paying each other compliments and saying positive things about themselves. After the game, they discuss how they felt while giving compliments, receiving them, and while saying positive things about themselves.

Spotlight Activity: Healthy Communications: [STEPS TO APOLOGIZE](#)

Students learn the four steps to making a sincere apology and then participate in several role-playing activities to practice what they learned and discuss the power of a good apology.

MIDDLE SCHOOL

Spotlight Activity: Self-Esteem: [SELF-ESTEEM QUOTES](#)

Students will examine a series of quotes about the importance of believing in and being good to yourself. They will respond to the quotes both individually and in a group discussion.

Spotlight Activity: Responding with Kindness: [LIFTING PEOPLE UP](#)

Students learn the importance of being kind to themselves and to others while watching a video and participating in a class discussion. They will also examine the idea of a "feedback loop" of kindness—that being kind and being treated kindly leads to more kindness.