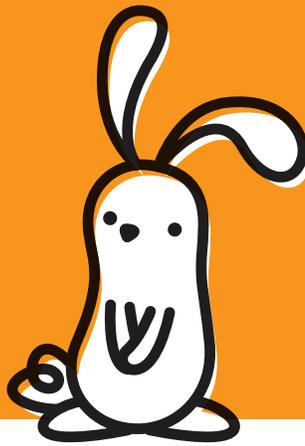


SPRING 2017 KINDNESS SPOTLIGHT

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-DISCIPLINE:

- Controlling what you do or say so you don't hurt yourself or others

CARING:

- Feeling and showing concern for others

January

Self-Discipline and Caring

ELEMENTARY

Spotlight Activity: Friendship: [FRIENDSHIP CHAINS](#)

In this activity, students discuss the qualities of good friends and then create a paper chain. Each link of the chain lists a friend's name and his or her good qualities. Finally, students write about or discuss the qualities that were described most often.

Spotlight Activity: Creating a Kind Classroom: [ASKING PERMISSION AND SHARING](#) Students share special items they brought in from home and use them to learn how to ask permission, share, and return the items. They discuss how asking permission shows respect for others and kindness.

MIDDLE SCHOOL

Spotlight Activity: Communicating Effectively: [NEGOTIATION SKILLS](#)

Students in groups discuss various means of communication and participate in skits that the class will analyze to determine if the players are communicating effectively or not. They will examine the act of negotiating and how this shows respect, kindness, and self-discipline.

Spotlight Activity: Choosing Kindness: [WALKING IN SOMEONE ELSE'S SHOES](#)

After discussing current media that exemplifies kindness and caring, students will describe a situation of which they are aware when someone was bullied. Another student will look at that situation and explain how he or she could have been an upstander and what the person being bullied might have felt like.