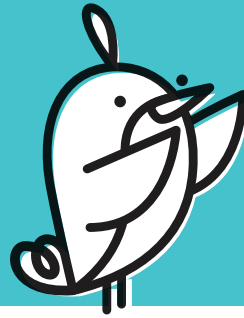


SPRING 2017 KINDNESS SPOTLIGHT

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!

PERSEVERANCE:

- Keep trying even when something is difficult, not giving up

ASSERTIVENESS:

- Standing up for yourself and what you believe in while being respectful of others

March

Perseverance and Assertiveness

ELEMENTARY

Spotlight Activity: Stress Busters: [WORRY BOX](#)

Students create boxes to hold their worries and share their strategies for dealing with stress. They will discuss the importance of stress-busting strategies.

Spotlight Activity: It Takes One: [THE STORY OF ONE](#)

Students listen to a read aloud ([One by Kathryn Otoshi](#)) and participate in a discussion about the story and the importance of standing up to bullying. They brainstorm ways to stand up to bullies.

MIDDLE SCHOOL

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

Students will learn how effective communication skills can help them to become more assertive, better listeners, and more kind. They will practice with a partner and discuss what they have learned with the class.

Spotlight Activity: Resolving Conflicts Peacefully: [UNDERSTANDING ANGER](#)

Students discuss anger to figure when it might be useful and when it might cause problems. They watch a video on anger management and participate in a class discussion to examine the lessons in the video.