

# Random Acts of Kindness

## WCBF K-1

<p><b>Objective:</b> Students learn about and practice exhibiting kindness to make others feel good.</p>	<p><b>IRP PLO(s) addressed:</b> Grade K, English Language Arts A2: <i>engage in speaking and listening activities to share ideas about pictures, stories, information text, and experiences</i> Grade K, Health and Career Education C4: <i>differentiate between positive and negative behaviours in relationships</i></p>
<p><b>Materials needed</b></p> <ul style="list-style-type: none"> <li>▪ <i>Ordinary Mary's Extraordinary Deed</i></li> <li>▪ jar, strips of paper, pencils (not included in Kit)</li> </ul>	<p>Grade 1, Health and Career Education C5: <i>differentiate between positive and negative behaviours in friendships</i> Grade 1, Social Studies A2: <i>participate co-operatively and productively in groups</i></p>

		Teacher guide	Student guide
<b>Opening</b>	<b>Time</b> 5 min	<p>Explain to students that “Random Acts of Kindness” are actions that can help someone or make another person feel good. They are a simple way to make someone else feel good; and it makes you feel good too.</p> <p>Give examples such as: holding the door open for someone, offering to let a classmate be first in line, picking up your classmate’s pencil when it falls off the desk, etc.</p>	Students listen.
<b>Pre-Activity</b>	10 min	Read <i>Ordinary Mary’s Extraordinary Deed</i> .	Students listen.
<b>Activity</b>	15 min	<p>Discuss how Mary did one thing that lead to others do other good deeds and make others happy. It took just one thing that Mary did to make people in her community feel good and continue to spread the kindness.</p> <p>Ask students to give ideas of random acts of kindness they can do. Tell them to pick things that are easy - just like Mary did. If it’s too hard they might not be able to make others happy, but if it’s something simple and easy they will be more able to spread the kindness.</p> <p>As students share their ideas, write them down on a piece of paper. Then cut up the paper so that there is one idea per slip of paper. Place all of the random acts of kindness in a jar and have the students pull out one act of kindness each to try.</p>	Students contribute to list.

<b>Closure</b>	3 min	<p>The next day or at the end of the week, ask students if they were able to complete their act of kindness. Encourage them to share what they did. If they struggled to do so, explain that it's okay if they tried and didn't succeed. If they didn't try, then suggest they pick an act that someone else has done that they think they could do.</p> <p>Praise students for their efforts in making the world a kinder place and encourage them to continue to do random acts of kindness.</p>	Students share their random acts of kindness.
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**Extension Activities:**

- Class replenishes the jar and continues to perform random acts of kindness.

**Reflection:** What went well? What needs to be changed for next time? What did I observe about my students? What would better facilitate my teaching of this topic? What needs to be considered for subsequent lessons on this topic