

Kindness is **EVERYTHING**

A Collection of Kindness Activities for Secondary Students
by Mark Foellmer (@coachfoe)



So, what is kindness?

Let's watch the
following three videos
to help give us an idea
of what kindness is, as
well as understand Acts
of Kindness:



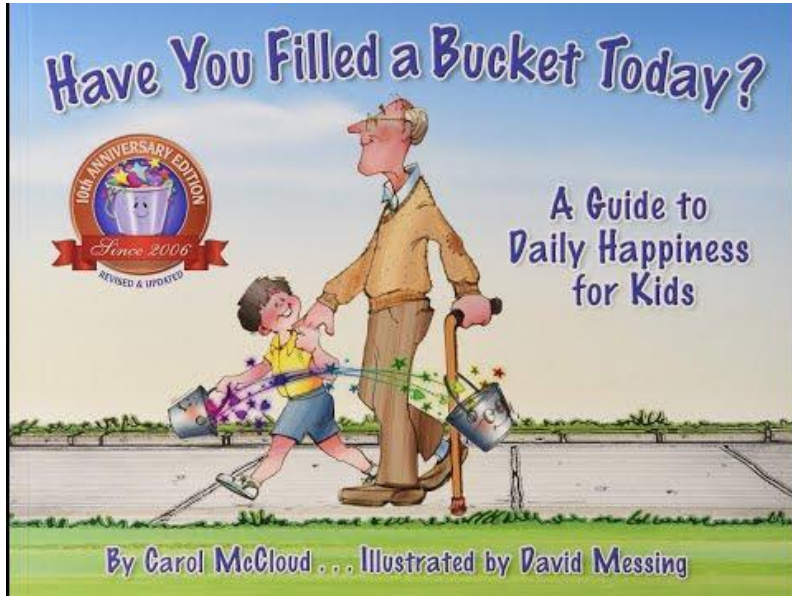
The Breakfast Club



Silent

Simple Acts of Kindness

Please read along/listen
to the following books:



Have You Filled A Bucket Today?

We're All Wonders



Kindness Quotes

The next two slides will have kindness quotes. Read through them and pay attention to how they make you feel and what you think about what they say.

YOU WILL
NEVER REGRET
BEING KIND.





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Kindness

IS A GIFT EVERYONE
CAN AFFORD

#healthmovesminds
#worldkindnessday



Your Thoughts are Important to Me

Share your thoughts about Acts of Kindness and get creative with your own kindness quote by answering the prompts to the right.

In your own words, what does it mean to be kind?

Create a quote, saying or mantra about kindness, using your own words.



Acts of Kindness Event

You have learned a little bit about kindness and how important it is to be kind to your classmates, family and friends.

You will be tasked with the challenge of designing an Act of Kindness event for your school to be conducted at a later time.

In the next few slides you will identify Acts of Kindness you would like to implement. Once you have identified the Acts of the Kindness you will create an action plan.

Research

First, let's do some research on kindness. Find resources or information that explains the value of being kind to others or performing acts of kindness.

Questions to consider answering to guide your research:

- How does being kind improve mental or emotional wellness for self?
- How does being kind improve mental or emotional wellness for others?
- Does being kind affect physical health?
- How does being kind to yourself affect personal health?

Include links to the research you found below.

Summarize your research findings below. From the information you have found what can you use in your promotional piece to explain the importance or value of kindness on one's health.



Next, look through this list of [100 Acts of Kindness](#) (also available [here](#) if previous link is unavailable) and think about ways you can implement Acts of Kindness with your friends and family.



Now, identify five Acts of Kindness you would like to implement and list them on the next slide. They can be ones from the list above or ones you created.

List the five Acts of Kindness you would like to implement.

Now you need to develop an action plan to create a promotional piece to promote your Acts of Kindness event at your school. You can:

- **Create a poster to hang throughout the school or share on social media**
- **Write a morning announcement advertising your school-wide Acts of Kindness event**
- **Design a flyer, using Google Slides, to announce or promote your event,**
- **Record a visual promotional piece for your event.**
- **Or another idea of your own!**

Be sure to include your research! See directions on the next slides and rubric at the end of this file to see what should be included.

Next, determine an action plan for implementing your Acts of Kindness. Answer the following questions to begin developing a plan.

How will you accomplish all five ideas?

What materials will you need?

How will you promote your Acts of Kindness to the rest of the school?

Create a Poster

- Create a poster on a 8.5 X 11 inch piece of paper or up to poster size that describes your school-wide Act of Kindness.
- Color and creative design is encouraged.
- Specific directions and guidelines of what to do need to be shared.
- Consider using [Slides \(Portrait\)](#), [Slides \(Landscape\)](#), [Canva](#) or [Piktochart](#) to create a virtual poster.

Create a Poster

Insert a picture or link to the file of your poster and add it to this slide.

Morning Announcement

Write a morning announcement about your school-wide Act of Kindness event. (This should be no more than a two minute announcement.)

Include details and how students can get involved, be specific.


1. Write your script on the next slide.
2. Record your announcement using <https://vocaroo.com/>.

Be sure to click “download” and save the .mp3. Play the recorded audio to see if you are happy with it. If not re-record. Once you are happy with your recording, be sure you save it to your Google Drive. Add the audio to the next slide.

REMINDER: Your recording CANNOT be longer than two minutes!

Morning Announcement

Write your morning announcement script here:

Add your audio below. Click “Insert” at the top, then “Audio”, click “Recent” and file should appear. The filename will begin with “My Audio Recording...”. This  will appear. Click it to play and be sure it is easy to hear and understand.

Google Slides Flyer

- Design a flyer, using Google Slides, to announce or promote your school wide Acts of Kindness.
- Make your flyer appealing by using color and creative designs.
- Include specific directions and guidelines of how to participate in your Acts of Kindness event.
- Copy and paste your flyer right after this slide.

Google Slides Flyer

Copy and paste your Google Slides Flyer to replace this slide.

Promotional Video

Write and practice a visual announcement about your school-wide Acts of Kindness event. This should be no more than a two minute video.

Include details and how students can get involved, be specific.

Add the video to the next slide.

Promotional Video

Insert your video here.

Acts of Kindness Event Rubric

	3	2	1
Why <i>Is the objective of the event clear?</i>	The objective of the event is clear.	The objective of the event is somewhat clear.	The objective of the event is not clear.
Evidence <i>Does the information provided explain why the event is important?</i>	The event promotional piece includes at least three pieces of evidence to support why this event is important.	The event promotional piece includes at least two pieces of evidence to support why this event is important.	The event promotional piece includes zero to one pieces of evidence to support why this event is important.
Passion or conviction <i>Does the promotional piece exhibit confidence and excitement about the event?</i>	The promotional piece shows passion or conviction about the topic.	The promotional piece shows limited passion or conviction about the topic.	The promotional piece does not show passion or conviction.
Appeal <i>Does the promotional piece make you want to participate in the Acts of Kindness event?</i>	The promotional piece is clearly appealing.	The promotional piece is somewhat appealing.	The promotional piece is not appealing.