

Random Acts Of Kindness

So why aren't we kind more often?

It's a tricky question to answer. Is it difficult? Expensive?

Kindness can be expressed through a smile,
A thoughtful word or a helping hand. But the magnitude of these small
gestures can't be underestimated.

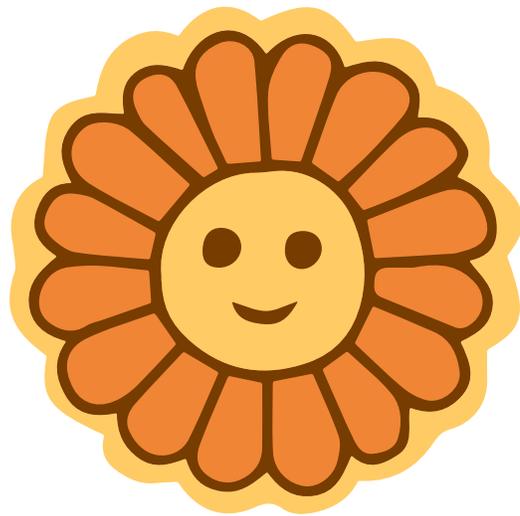
The effects are experienced by everyone involved.
Those who simply witness it, feel the same warmth and comfort as those
who offer or receive the act.

And they can all be inspired to practice and spread kindness in their own
lives and in the lives of others.

This unique ripple effect has the power to change the way people see
and experience the world. Through acts of kindness among friends and
strangers, we all foster more caring and civil society. Kindness can be
the norm not the exception. Pass it on.

I will pass on kindness by ...

RANDOM ACTS OF KINDNESS



Find out more about kindness
and discuss how to spread
kindness around.

Video Based Lesson. Writing Templates. Challenge.



ELT BUZZ

Name_____

KINDNESS IS

Write down one thing that is kindness, starting with each letter.

K

I

N

D

N

E

S

S

5 WAYS

TO BE KIND

- 01
- 02
- 03
- 04
- 05

**Kindness is free.
Sprinkle it everywhere.**

Make Kindness a Habit

CHOOSE A RANDOM ACT OF KINDNESS AND DO IT TODAY



Give someone a compliment.

Write a positive note to someone.

Send a thank you note to a friend or family member.

Play with your pet.

Say "hi" to someone new.

Thank an adult for something they do.

Ask someone how their day has been.

Tidy up your bedroom.

Clean up after yourself.

Clean up after someone else.

Help someone who is struggling with school work.

Call a friend or relative.

Help your family with the chores.

Encourage someone.

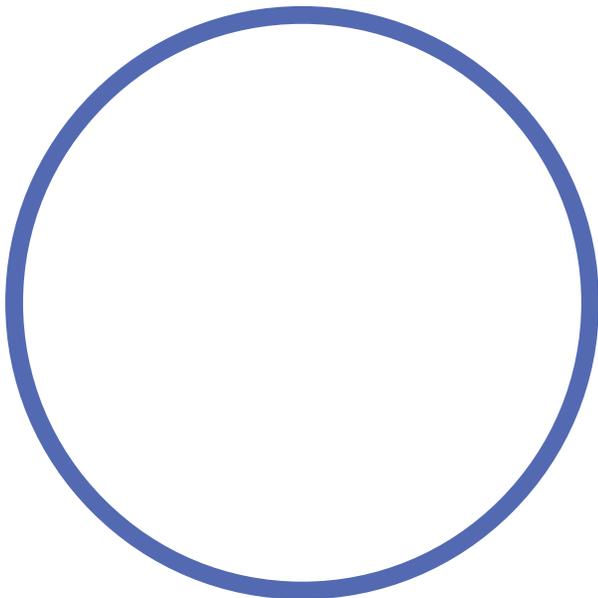
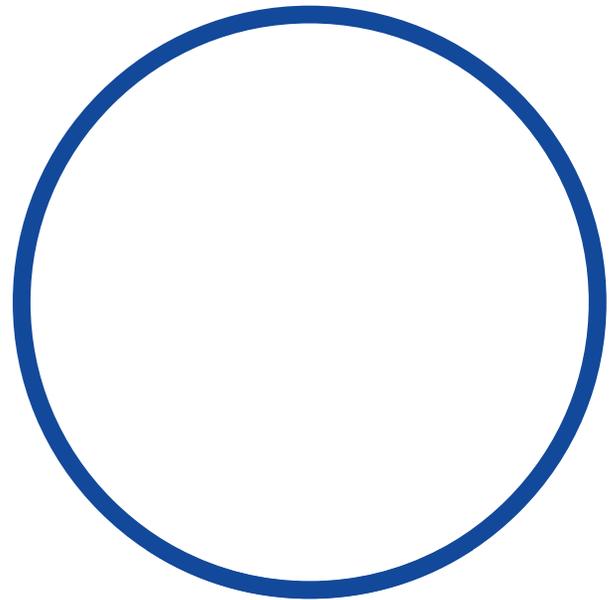
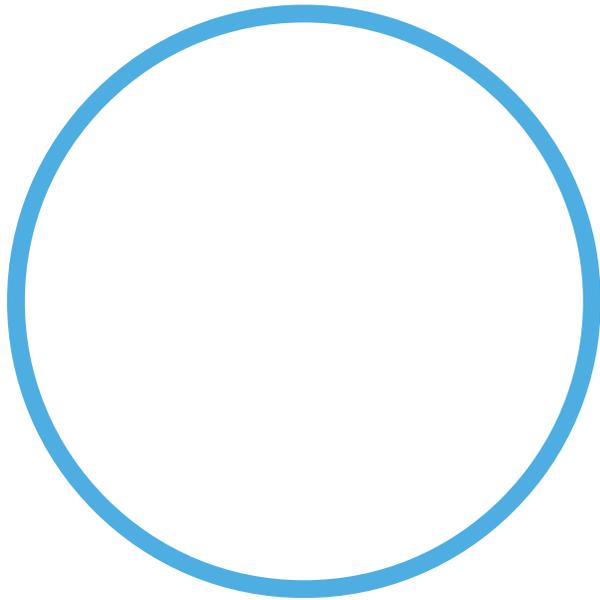
Help someone with their homework.

Name: _____

ACTS OF KINDNESS

To be kind, doesn't cost anything.

List, draw 3 ways you can be kind today, now!



Kindness Challenge

Improve a Skill for The New Year

Help a Friend

Donate Gloves/ Scarves

Use Blankets Instead of the Heat

Smile

Write thank you notes for Cristmas Presents

Give a Care Packege

Let Someone Go Ahead of You

Buy a drink for someone

Shovel Someone's Driveaway

Say "Good Morning"

Leave a Happy Note

Make someone coffee/tea

Buy Coffee for Someone

Cheer Up Someone

Read a book about kindness

Take cookies to librarians

Bake someone a pie

say thank you to someone

Make Someone Laugh

Help Someone in Need

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