Kindness videos links

الإحسان	الاحسان.. تعليم للاطفال	الاحسان.. تعليم للاطفال - YouTube (3 min 5 s)
الإحسان	جزاء الإحسان | أحبتى الصغار	https://www.youtube.com/watch?v=El1rIftbZc0 (4 min 27 s)
الإحسان	قصة جميلة عن الاحسان و الصدقة.وهل جزاء الاحسان الا الاحسان.قصة رائعة	قصة جميلة عن الاحسان و الصدقة.وهل جزاء الاحسان الا الاحسان.قصة رائعة - YouTube (3 min 20 s)
الإحسان	الإحسان	الإحسان - YouTube (5 min 34 s)

Grades	**Topic**	**Link**	**Time**
Middle and High	The Science of Kindness	The Science of Kindness - YouTube	2 min 16 s
	The Science of Kindness	https://www.youtube.com/watch?v=SsWs6bf7tvI	4 min 37 s
	Why We Hug So Hard it Hurts | The Science of Happiness	Why We Hug So Hard it Hurts | The Science of Happiness - YouTube	5 min 50 s
	Kindness: The Ultimate Difference Maker (Middle School)	Kindness: The Ultimate Difference Maker (Middle School) - YouTube	11 min 56 s
	How You Treat People Is Who You Are! (Kindness Motivational Video)	How You Treat People Is Who You Are! (Kindness Motivational Video) - YouTube	3 min 56 s

SHORT CLASS DISCUSSIONS ON BEING KIND

Bring awareness on empathy and being kind
Examples:

Is there someone that I can be kinder to today?

How would you feel if someone said something unkind to you?

How would it feel if someone was unwilling to share with you?

What would your feelings be if there were no one to play with?

WRITING ACTIVITY

The Write Around :This writing activity gives students a chance to silently appreciate one another while building writing fluency. Give them each a handout that has several sentences starters on it, with space for writing after each one:

- One idea I've gotten from you is . . .
- I really like your personality because . . .
- I know I can count on you when . . .
- I really appreciate it when you . . .
- Some adjectives that describe you are . . .
- I am impressed by the way you . . .
- I look forward to seeing you because . . .

Each student writes their name at the top of their paper, and you collect them. Randomly pass them out. Ask for silence and then tell the students they have three minutes to write something about that person. They can respond to more than one sentence starter if they like, and multiple students can respond to one. After a few minutes, ask them to pass the papers to another person. Do several

rounds. Collect them and pass them back to the owners. You won’t believe the smiles you will see.

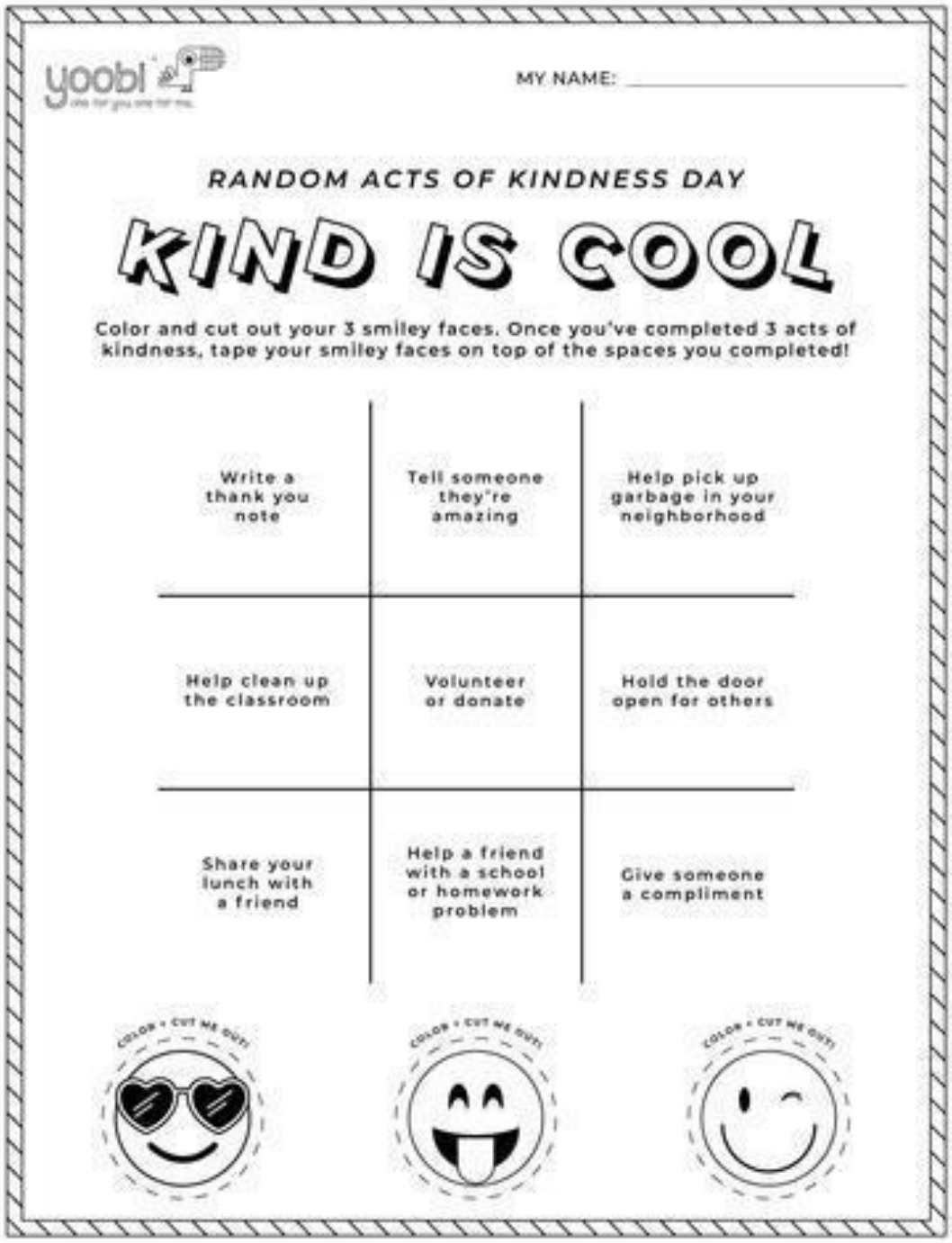
Make someone smile

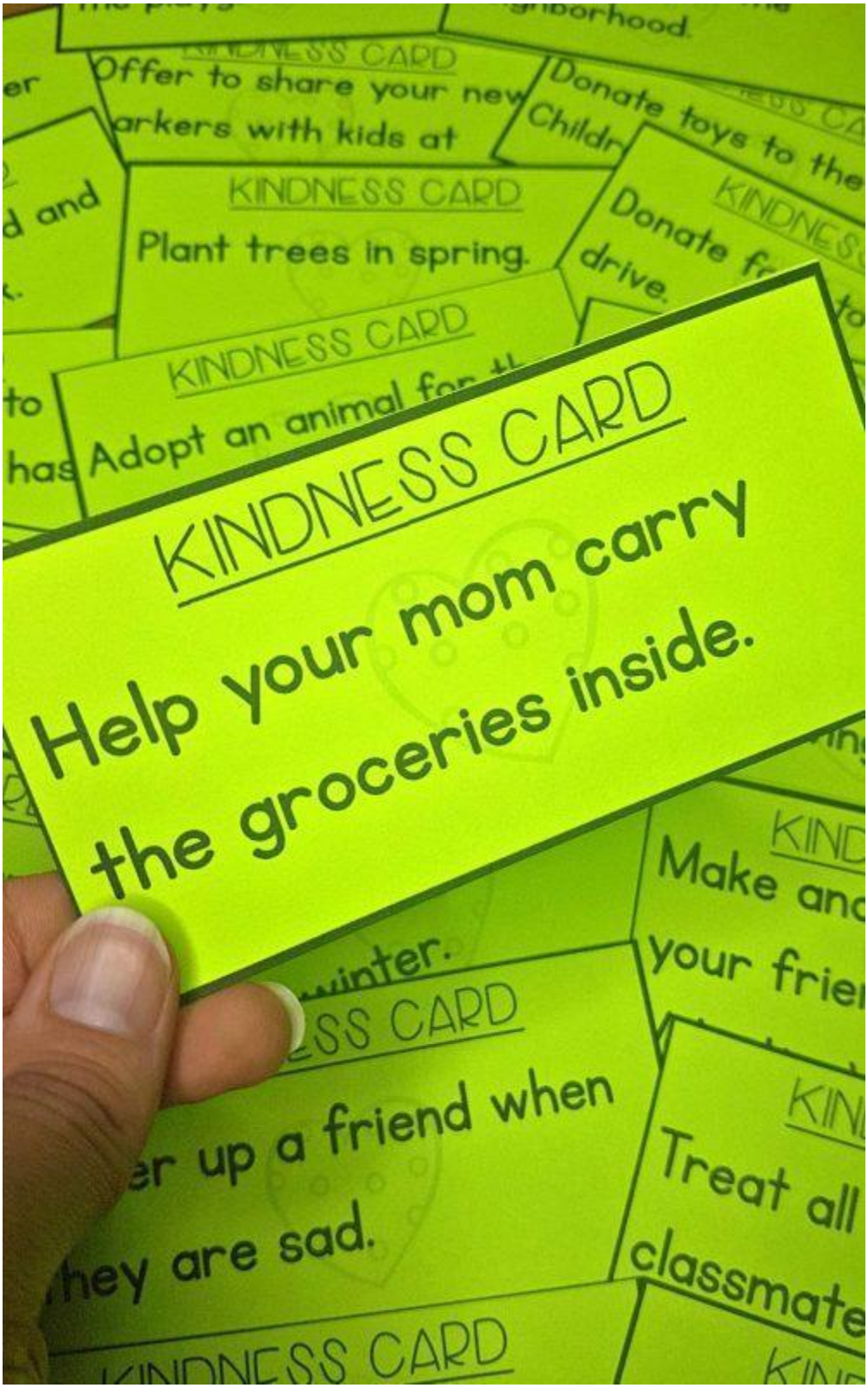
Acts of Kindness

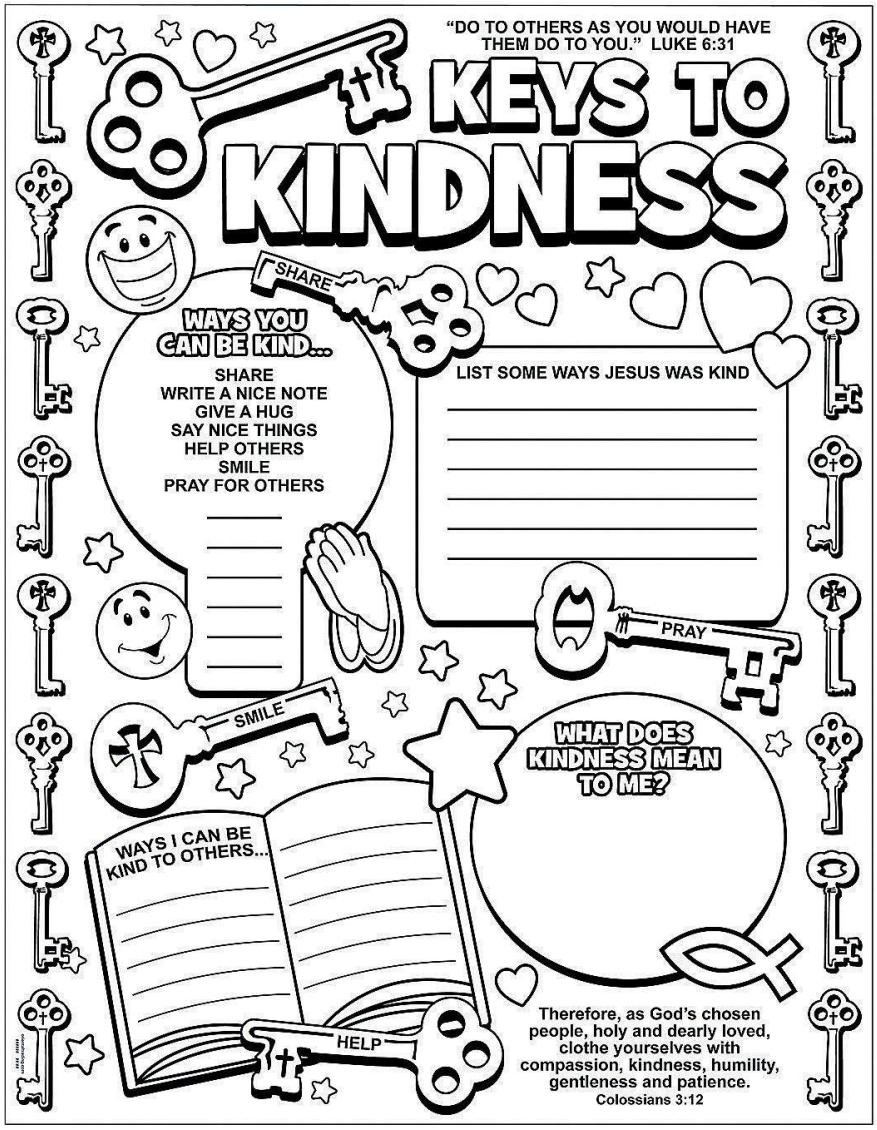
Ideas for Preschoolers by NaturalBeachLiving.com

Let a sibling go first 1	Say something nice to someone 2	Decorate Kindness Rocks 3	**Share** 4	Play with someone new 5
Pick up trash without being asked 6	Say sorry if you do something wrong 7	smile at someone 8	Put a dollar on a vending machine 9	HOLD THE DOOR FOR SOMEONE 10
Make a care package 11	Say "good job" 12	Give someone a flower 13	Say hi to someone 14	Volunteer 15
Write a nice letter 16	Give a hug 17	Color a picture for someone 18	Say "thank you" 19	Make a handmade gift 20
Leave a thank you note 21	Clean up without being asked 22	**GIVE A COMPLIMENT** 23	Let someone else go first 24	Say "I love you" 25

SUGGESTED POSTERS AND ACTIVITIES




KINDNESS CARD
Help your mom carry the groceries inside.
KINDNESS CARD
Plant trees in spring.
KINDNESS CARD
Offer to share your new arkers with kids at
KINDNESS CARD
Adopt an animal for
KINDNESS CARD
Donate toys to the
KINDNESS CARD
Make and
your frie
KINDNESS CARD
Treat all
classmate
KINDNESS CARD
er up a friend when
hey are sad.
KINDNESS CARD


"DO TO OTHERS AS YOU WOULD HAVE THEM DO TO YOU." LUKE 6:31
KEYS TO KINDNESS
SHARE
WAYS YOU CAN BE KIND...
SHARE
WRITE A NICE NOTE
GIVE A HUG
SAY NICE THINGS
HELP OTHERS
SMILE
PRAY FOR OTHERS
LIST SOME WAYS JESUS WAS KIND
PRAY
SMILE
WHAT DOES KINDNESS MEAN TO ME?
WAYS I CAN BE KIND TO OTHERS...
HELP
Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.
Colossians 3:12

kindness CALENDAR
Random Acts of Kindness performed by Jackson
1 Write a "Thank You" note
2 Bring in a can of food or a toy for a donation
3 Make food for your family
4 Bring an extra snack to share with a friend
5 Cheer someone up with a kind word or joke
6 Smile and say "Hello" to your classmates
7 Pick up litter on the playgrou
8 Invite a new friend to play
9 Thank your parents and tell them you love them
10 Draw a picture for a friend
11 Donate a book to the library
12 Thank your teacher for all that they do
13 Give tons of high fives
14 Give a smile-a-gram to a friend
15 Leave a friendly note in a library book
16 Make and send a "Get Well Soon" card
17 Help the teacher without them asking
18 SMILE at everyone you see today
19 Hold the door open for someone
20 Write a letter to a friend
21 SMILE at a stranger
22 Offer a hug to someone who needs it
23 Call a family member on the phone
24 Let someone else go first in line
25 Do a chore for someone in your family
26 Teach a friend something you are good at
27 Give lots of compliments
28 Vow to continue being kind always

Kindness Recipe

1. Read the recipe, match, draw and colour.
2. Read and point.
3. Act.

1 CLEVER HEAD

2 WATCHFUL EYES

2 LISTENING EARS

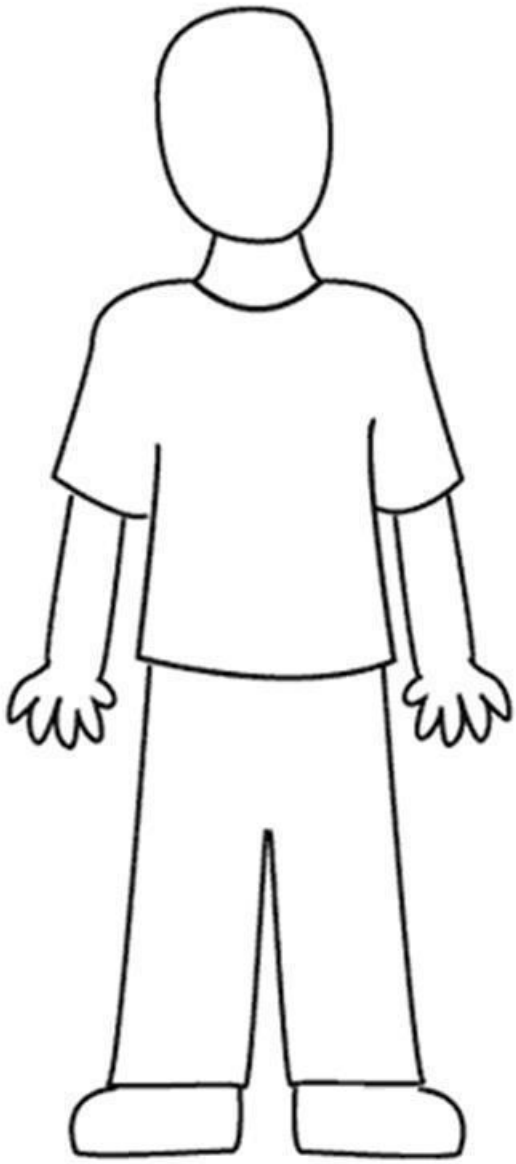
1 BIG SMILE

2 HELPING HANDS

2 READY FEET

AND…

1 LOVING HEART

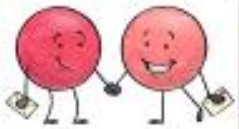


iSLCollective.com

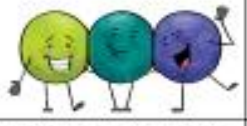
Give a flower Eat lunch with someone new
Listen with your heart Visit a sick friend
Clean a neighbor's walk Offer a hug
Give an unexpected gift Make a new friend
Pick up litter Say "hello" Open a door
Plant a tree Help carry a load Share a snack
Cheer up a friend Thank a teacher or mentor
Read to a young child Lend a hand Do a kind act daily

Proud to be PRIMARY
Be kind whenever possible.
It is always possible.
-Dalai Lama

Name: _____ Date: _____



I Can Show Kindness!

Let someone else go first	Give a kind compliment	Say "good morning!"	Say "hi" to someone	Tell someone "thank you"
Share with someone else	Offer to help someone out	Invite someone to join you 	Give someone a high-five	Write a compliment list about yourself
Ask someone how they are	Work with someone new	Hold the door open	Do an extra chore	Forgive someone for a mistake
	end time with a friend	Write a kind note	Help someone having a tough day	Just listen to a friend

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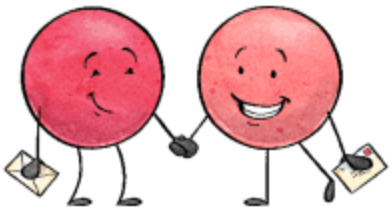
12 Ways to Show Kindness



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www.thepathway2success.com

Just listen to a friend

Write someone a kind note

Invite someone to join you

Forgive someone for a mistake

Let someone else go first

Give someone a high-five

Work with someone new

Help clean up

Help someone having a tough day

Hold the door open for others

Do an extra chore

Spend time with a friend

Clipart by Sarah Pecorino, Kate Hadfield • RebeccaB

IT'S
a good
DAY
TO HAVE A
GOOD Day

50 Meaningful Family Acts of Kindness that teach compassion.

DoingGoodTogether.org

In 5 minutes...

- Decorate a giving box to collect change for good.
- Set up a big-hearted mail center with our printable.
- Donate online to a cause you care about.
- Leave a book in a Little Free Library.
- Offer to pick up groceries for an ailing neighbor.
- Discuss big ideas with our conversation starters.
- Print and commit to our 30-Day Kindness Challenge.
- Share your story, and inspire others to do good.
- Sign up for Doing Good Together's newsletter.

In 1 hour...

- Hold family meetings, and set big-hearted goals.
- Create cheerful drawings for Color-A-Smile.
- Create pet toys for an animal shelter.
- Send notes to soldiers with Thanks a Million.
- Take a walk and clean up your neighborhood.
- Give the gift of recognition with DGT's award printable.
- Write cheerful poems for lonely neighbors.
- Create encouraging bookmarks to put in library books.
- Decorate lunch bags for Meals on Wheels.
- Donate kids' craft kits to a children's hospital.

In a few hours...

Daily...

- Ask "who have you helped today?" and "who has helped you today?"
- Discuss big ideas with our conversation starters.
- Read and discuss big-hearted books.
- Give a thank you card to a helper in your life.
- Keep a DIY kindness journal.
- Bike, walk, take a bus, or carpool if possible.
- Print big-hearted placemats for a family meal.

Monthly...

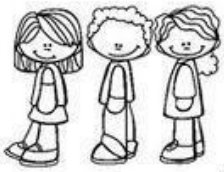
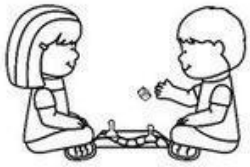
- Adopt a family through the Box Project.
- Share books pen-pal style with Family-to-Family.
- Make microloans through KIVA.
- Shop for and deliver donations to a food pantry.
- Visit a local nursing home and read to residents.
- Offer to babysit for a single parent.
- Start a kindness club to meet local needs.
- Read Doing Good Together's volunteer listings and choose a new service opportunity.

On holidays...

Name:_____

KINDNESS SCAVENGER HUNT (School Edition)

Directions: Check off the acts of kindness as you complete them

SHARE WITH SOMEONE ☐	PLAY WITH SOMEONE NEW AT RECESS ☐	HUG SOMEONE ☐
 LET SOMEONE GO IN FRONT OF YOU IN LINE ☐	MAKE A GIFT FOR SOMEONE ☐	DRAW A PICTURE FOR SOMEONE ☐
HOLD OPEN A DOOR FOR SOMEONE ☐	WRITE A NICE NOTE TO A CLASSMATE ☐	 PLAY A GAME WITH SOMEONE ☐
PICK UP TRASH ☐	HELP SOMEONE DO THEIR WORK ☐	READ BOOK TO A YOUNGER STUDENT ☐
HELP TEACHER CLEAN UP ☐	MAKE SOMEONE LAUGH ☐	GIVE SOMEONE A HIGH FIVE ☐

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It's nice to be important,
but it's important to be nice!

edutopia

Kindness game

SMILE AT 10 PEOPLE	SLIP A NICE NOTE INTO SOMEONE'S BACKPACK	LEARN TO SAY THANK YOU IN A NEW LANGUAGE	SIT WITH A NEW PERSON OR GROUP OF PEOPLE AT LUNCH
GIVE SOMEONE A HIGH FIVE			HOLD THE DOOR FOR SOMEONE
MAKE A THANK YOU CARD FOR YOUR TEACHER			FIND SOMETHING YOU HAVE IN COMMON WITH A CLASSMATE
CREATE YOUR OWN KIND DEED...	ASK SOMEONE ABOUT THEIR DAY	COMPLIMENT SOMEONE	WRITE DOWN THREE REASONS YOU ARE PROUD OF YOURSELF

KINDNESS SCAVENGER HUNT

School Edition

Directions: Try and complete as many acts of kindness as you can over the next seven (7) days.

- ❑ Push in someone's chair
- ❑ Make a gift for someone in your class
- ❑ Play with someone you don't usually play with at recess
- ❑ Help your teacher clean up
- ❑ Hold a door open for someone
- ❑ Give someone a compliment
- ❑ Let someone get in front of you on line
- ❑ Write a 'Thank You' note or draw a picture for your teacher
- ❑ Pick up trash and put it where it goes
- ❑ Leave a nice note in someone's cubby or locker

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