

Kindness Jar

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Students brainstorm a list of kind acts they can perform at school or in their community. They write each kind act on a piece of paper and place them all in a jar. Students draw one idea and perform it during the day.

Why Do It?

If you want to feel good about yourself, do something kind and unexpected for someone. Make someone's day a little brighter by performing a random act of kindness.

How Do We Do It?

Students brainstorm various acts of kindness they could perform while at school

Students write down their kind acts on slips of paper (example: sit by someone who is alone at lunch, pick up trash in the hallway, write a thank you note to a teacher)

Students or staff each select one act to perform that day.

Have students share the next day how performing the act made them feel.

What Else Do We Need?

- Jar

- Paper
- Writing utensils

How Do We Get Creative?

Students share their experiences in a blog post.

Students complete the task for 30 days, each day selecting a new task from the jar and journaling about their experience.