

Activity 2

“Acts of Kindness creates schools of compassion”

ACTIVITY TIME: 25 MINUTES

Learning objectives:

1. Learning that true success in life is more than just me-me-me.
2. Gaining the compassion to focus on others in order to make their school a more respectful and friendly place to learn.
3. Realizing that each student has the ability and responsibility to do their part to create a safe learning environment.

LEADER: “NOW WE ARE GOING TO LOOK AT A QUOTE BY DR. MARTIN LUTHER KING, JR. YOU MAY NOT BE FAMILIAR WITH IT BUT IT WILL ADD ON TO WHAT WE HAVE JUST LEARNED.” READ THE QUOTE:

“The most important and irresistible question is
‘What are you doing for others?’”
Martin Luther King, Jr.

Write down your thoughts about this quote by Martin L. King, Jr. Do you think it applies to you? Please explain:

Write 3 things you could do for others in your school and home.

1. _____
2. _____
3. _____

If people cared more for others what visible changes would you see in your school's halls and classrooms?

1. _____
2. _____
3. _____

My Kindness Goals

Handout 2.3

1. Look for a student who is usually seen alone and introduce yourself to them.
2. Smile and make eye contact with people as you pass through the halls.
3. Look around and be aware of people. Are they sad, hurt, depressed, or empty?
4. Ask your teacher who could use tutoring. Make a difference in their life by investing some of your time. You'll feel great!
5. Think to yourself of one thing good about every person you spend time with in the next week.
6. Pick up paper around the school that you didn't drop.
7. Write a positive uplifting note to a teacher who could use some encouragement.
8. Verbally or via email compliment other students for good things you notice about them.
9. Have a positive attitude each day no matter how things are going at home.
10. Refuse to talk negative about anyone for an entire day.
11. Hug a family member and friend every day for the next week.
12. Put a 3x5 card on your mirror or create a screen saver on your computer that says "I can make a difference."
13. Walk away from a conversation that is gossiping.
14. Ask for help on your homework from someone you don't know well.
15. Tell a student they did well when he or she gives a report or speech in class.
16. If you are having a difficult time in a relationship at home, make an appointment with that person to discuss the issue.
17. Wish at least 10 people every day for a week to 'have a great day'.
18. Be nice to your little brother and freak out your mom.

19. Ask your teacher how you could be a better student.
20. Ask someone you don't know well about their interests.
21. Listen twice as much as you talk.
22. Encourage students who ask questions.
23. Don't wait for others to set a good example. Just do it!
24. Give out kindness no matter what you get in return.
25. If you have a problem with someone, go and talk directly with them.
26. Always give others the benefit of the doubt.
27. Treat others the same way you would like them to treat you.
28. Be thankful for school lunches.
29. Be a peacemaker when your friends are arguing.
30. Encourage friends to make up after a fight.
31. Never exclude anyone because of surface stuff like clothes or looks.
32. Strive more to be courageous not popular.
33. Offer to help with a student who has special needs.
34. Bake some cookies for the office staff.
35. Do at least one helpful thing each day and make sure you don't get caught.
36. Respectfully voice your opinion in class more often.
37. Refuse to yell at anyone.
38. Decide ahead of time to stand up for any student being bullied, laughed at, or ridiculed.
39. Be a shoulder to lean on when someone you know has gotten a bad deal.
40. Develop the habit of saying 'good morning' before your teacher does.
41. Write yourself a letter or a journal entry saying how good you feel for trying to make the world a better place.
42. Send your mom flowers for no reason at all.
43. Ignore rude remarks.
44. Laugh at your friend's jokes. Never stop them and say, "Oh I've heard that one."
45. Take your Grandma or Grandpa to lunch.
46. Give your used clothes to someone who could really use them.
47. Donate some time to read to residents at an elderly care center.
48. Decide to forgive everyone for old grudges.
49. Let your friend win the next game of chess or tennis.
50. Ask someone what his or her dreams are.
51. Consider a different point of view on something today.
52. Tell a friend how much you appreciate them.
53. Smile and wave at teachers when you see them.

54. Join the Big Brothers or Big Sisters when you turn 18.
55. Let another student cut in front of you in the lunch line.
56. Freak people out just by being in a good mood.
57. When you talk with a friend focus totally on them. Don't look around at others.
58. Ask a friend if you can help them solve a problem.
59. Write an encouraging note to a fellow student whose parents are divorcing.
60. When you explain something, do it very patiently.
61. Let everyone know that they can trust you by not spreading rumors or secrets.
62. Refuse to cheat even if your grade will suffer.
63. Find the best teacher in school and ask questions about why he or she became a teacher.
64. Spend some time trying to understand your parents. Keep trying.
65. Share your lunch with a friend.
66. Say, "I respect you too much to argue" instead of raising your voice.
67. Decide to be an optimist all day today.
68. Never send an angry letter.
69. If you forgive someone, never bring it up in the future.
70. Don't demand of others. Ask softly.
71. Become a center of peace.
72. Be genuine.
73. Lift someone's spirits by telling them you are glad they go to your school.
74. Spend more time each day looking for the beauty in others, rather than your hair.
75. Decide today to be against anything evil or hurting.
76. Lighten up a little. Look at the funny side of things.
77. Find a reason to laugh each day.
78. Be contagious in a positive way.
79. Tell a counselor about someone who is depressed and needs help.
80. Never promise not to tell on a friend who threatens suicide or shooting someone. If you do make that promise, break it.
81. Take a picture of someone being kind to another.

Name _____

Today's date: _____

By our next meeting on _____ I will do my best to accomplish the following goals:

Example: I will be nice to everyone I pass in the halls.

1. _____

2. _____

3. _____

4. _____

5. _____