Being Helpful

Acts of Kindness

Concept
Social Skills

Length
30-40 Minutes

Inquiry Prompts

- What can you do now to help others?
- How can you encourage other students in school to help others to be kind?
- What would it look like if everyone in the school helped then others needed it?
- What would it look like if nobody in the school helped anyone else?
- Is it easier or harder to help someone you don't know very well?

Instructions

In this activity, students brainstorm ways to help others in the school, and embark on an **Acts of Kindness** project to instill the spirit of responsibility and helping throughout the school. The planning part of the project may take between 30 and 40 mins, but the implementation could be an ongoing activity.

1. Divide students into groups, or work together as a class to brainstorm some of the ways your class could help improve the school community.

2. Select some acts of kindness that your class wants to commit to achieving by the end of the school year. A range of small activities and a couple of more ambitious ones may be appropriate depending on how much time you have left in the school year.

3. Discuss what materials they might need to perform the acts of kindness (e.g. posters to promote a penny sale), or other forms of support they may need.

4. Have students set related goals in the **My Goals** section of Xello For example, if they want to launch an anti-littering campaign at school, they can set that as a goal, and identify the steps they need to complete in order to achieve the goal.

Message to students: Some acts of kindness are small, like helping someone with their books or smiling at a nervous new students. And some are very big, like a new mural, fundraising for flowers and trees to plant around the school, or standing up to a bully. Big or small, any act of kindness or helpfulness that you perform now (when you think they might be the most helpless) or in the future could have an immeasurable impact.

Materials Required

- Paper
- Pencils, pencil crayons, or markers
- Computer (tablet, phones) with Internet access

Artifacts

Have students add their shared goals to the **My Goals** section of Xello, where they can track it. Students can also add completed acts of kindness to the **Achievements** section of **About Me**.

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