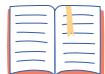


Kindness Starts with Me - Levels C & D

WRITTEN

To encourage students to reflect on and practise kindness in daily life, while understanding the positive effects kindness has on both the giver and the receiver.



Learning Intentions

Recognise Kindness:

To notice different ways I can be kind to others.

Express Kindness:

To use words and actions to show kindness.

Reflect on Kindness:

To think about how kindness makes others and myself feel.



Success Criteria

I can share one way I can be kind today.

I can explain how my kindness will make another person feel.

I can share how I feel when I am kind to others.



Kindness Starts with Me - Levels C & D

WRITTEN

Duration: 15–20 minutes

Objective

To encourage students to reflect on and practise kindness in daily life, while understanding the positive effects kindness has on both the giver and the receiver.

What You Need

- Notebooks or paper
- Pencils or Coloured pencils

Gameplay

1. **Think of a Kind Act** – Students imagine one way they can show kindness today (e.g., helping a friend, sharing, giving a compliment, or doing something thoughtful).
2. **Write or Draw** – Students write or draw their act of kindness on paper or in their notebooks.
3. **Reflect on the Impact** – Students think about how the person they are kind to will feel, and how it makes them feel to be kind.
4. **Share and Discuss** – If in a group or classroom, students share their ideas. This helps them see that kindness can take many different forms.

Reflection Prompts

- How do you think the person will feel when you show kindness?
- How do you feel when you are kind?
- Why is kindness important?

For Wheelchair Users / Accessibility

- Kindness actions can include **non-physical gestures**, such as giving compliments, smiling, or using supportive words.
- Use AAC devices, picture cards, or visual supports for expressing kindness ideas.
- Ensure all students can contribute, whether through drawing, speaking, pointing, or technology.



Kindness Starts with Me - Levels C & D

WRITTEN

Notes for Inclusion

- Highlight that **all acts of kindness matter**, no matter how big or small.
- Reinforce that kindness can be expressed in many ways, and all contributions are valuable.
- Model positive and respectful listening when students share their kindness ideas.

Variations

- **Family/Home Play:** Create a **Kindness Chart** where family members add a tick, sticker, or drawing each time they show kindness.
- **Classroom Variation:** Develop a **Kindness Wall** where students post their kindness acts for everyone to see.
- **Group Challenge:** Set a target number of kind acts for the week and celebrate when the group achieves it.

