

# 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.



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**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.



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## 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.

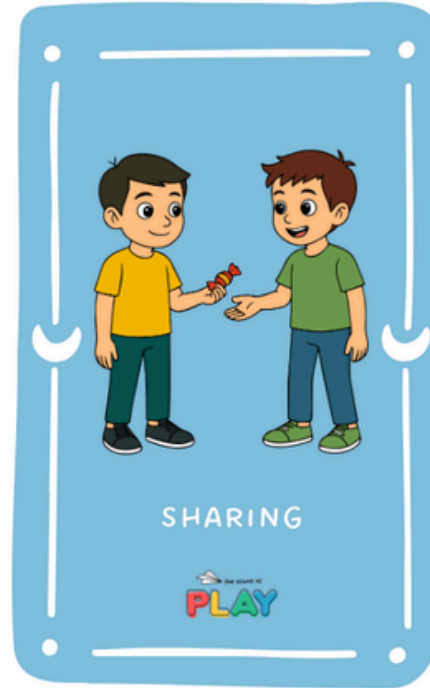
## Variations

- **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.



# KINDNESS CARDS

PRINT AND CUT OUT, THEN SPREAD THEM FACE-UP IN A SMALL CIRCLE. STUDENT PICK ONE CARD AND SHOW THAT ACT OF KINDNESS USING GESTURE, PICTURE POINTING, AAC, OR A SIMPLE ACTION. FINISH BY ASKING HOW IT MADE THEM FEEL AND HAVE THEM POINT TO OR SHOW AN EMOTION.



# KINDNESS CARDS



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