

My Kindness Journal (Levels C & D)

WRITTEN

To help students notice, express, and celebrate kindness in their lives through drawing, simple writing, and sharing with peers.



Learning Intentions

Recognise kindness:

..... Students aim to notice kindness that exists around them.

Express kindness:

Students aim to show kindness through pictures and short words.

Reflect on kindness:

Students aim to talk about how kindness makes people feel.



Success Criteria

I can draw at least three acts of kindness.

I can say (or write) how it made me feel.

I can share one act of kindness with the group.



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Duration: 5–8 minutes

Objective

To help students notice, express, and celebrate kindness in their lives through drawing, simple writing, and sharing with peers.

Materials

- Paper or note books
- Coloured pencils
- Stickers (optional for motivation)

Setup

- Provide each student with paper and drawing materials.
- Prepare a space for a group sharing circle.
- Optionally set up a “Kindness Wall” where drawings can be displayed.

Gameplay / Activity Steps

1. Kindness Brainstorm (Group Warm-Up):

Teacher asks: “What is something kind you can do for a friend, teacher, or family member?”

Students share ideas (e.g., sharing a toy, giving a high five).

2. Draw Kindness:

Students draw three acts of kindness they have experienced in their lives lately.

- one they gave
- one they received
- one they would like to try

3. Add Simple Words:

With teacher support, students write a simple word/phrase next to each drawing (e.g., *I helped, She smiled, I shared*).

4. Sharing Circle:

Students sit together and share one drawing with the class or a partner.

Reflection / Debrief

- **Prompts to ask students:**
 - “How did you feel when someone was kind to you?”
 - “What can you do to show kindness tomorrow?”



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Variations

- **Kindness cartoon recall:** Students think about and recall a cartoon character who they believe has shown kindness in some way, shape or form. Students discuss the character with their classmates, if accessible students can search the internet for images of the character to help with their story and to teach the others about kind and caring characters.
- **Cartoon reel:** Students can create a short cartoon sequence using drawing and/or cut outs from the internet to help create a story line that involves an act of kindness.

For Wheelchair Users / Accessibility

- Students can use verbal sharing, stamps, or stickers if drawing is tricky.
- A peer or adult can scribe/write words for them.
- Ensure sharing time is inclusive by allowing different expression methods (speech, pointing, assistive tech).

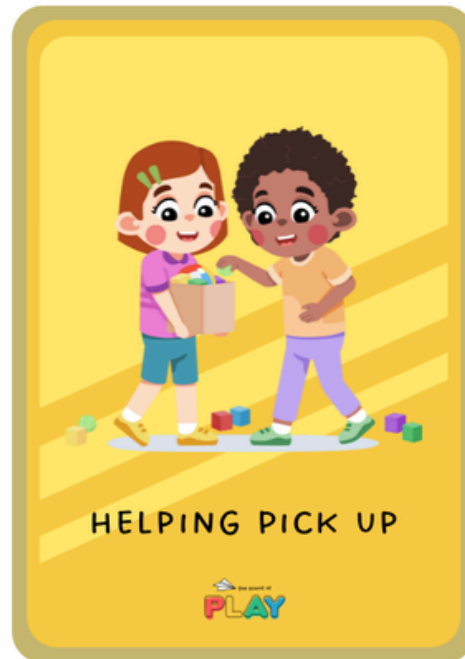
Notes for Inclusion

- Celebrate all forms of expression (drawing, words, gestures, or sounds).
- Encourage peer support to help each student share their ideas.
- Use visual aids such as picture cards or emojis for students who benefit from concrete prompts.
- Provide extra time for students who may need support with fine motor skills or verbal expression.



PICTURE-CARDS

CUT OUT THE CARDS AND PLACE THEM IN A SMALL BASKET FOR STUDENTS TO CHOOSE FROM. STUDENTS USE THE CARDS TO SHOW AN ACT OF KINDNESS THEY NOTICED, FELT, OR DID. USE THE CARDS DURING DRAWING TIME OR REFLECTION TO SUPPORT STUDENTS WHO COMMUNICATE THROUGH VISUALS, GESTURES, OR AAC.



PICTURE-CARDS



HIGH-FIVE



OFFERING A TISSUE



SHARING A
SNACK



HOLDING HANDS

