

# Well-being Skittles - Levels F-3

# GRATITUDE

Encourage and practise kindness through a playful activity that helps students understand why kindness matters and how small acts can positively impact themselves and others.



## Learning Intentions

### Understand kindness:

Students learn to explore and explain why kindness is important and how it can make a positive impact on the world around them.

### Reflect on experiences:

Students aim to reflect and share a story of kindness that they have given, received, or observed.

### Commit to kindness:

Students plan to think of a way they can show kindness in the future.



## Success Criteria

I can share a story or reflection that connects to the colour of my Skittle.

I can listen and contribute respectfully to group discussions about kindness.

I can choose at least one act of kindness to practise after the game.



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**Duration:** 10–15 minutes

## Objective

Encourage and practise kindness through a playful activity that helps students understand why kindness matters and how small acts can positively impact themselves and others.

## Players

Individual activity with whole-class or small-group sharing.

## Materials

- A bag of Skittles (or M&Ms – substitute brown for purple).
- Optional: coloured tokens if not using food.

## Setup

- Place Skittles in a bowl for students to take.
- Allocate each Skittle colour to a kindness prompt.
- Ensure all students have access to at least one or two Skittles or tokens.

## Gameplay / Activity Steps

1. **Distribute Skittles:** Each student takes one, two, or three Skittles from the bowl.
2. **Share Reflections:** Students take turns sharing based on the colour of their Skittle:
  - **Red:** Share a time when someone's kindness made you feel loved.
  - **Orange:** Talk about a moment you helped someone and how it made you feel.
  - **Yellow:** Describe an act of kindness you observed that brightened someone's day.
  - **Green:** Reflect on a time you showed kindness to someone who wasn't kind to you.
  - **Purple (or Brown):** Think of a way you can show kindness tomorrow.
3. **Eat or Collect:** After sharing, students may eat the Skittle (or keep their token).
4. **Continue the Game:** Repeat until all students have had a turn to share.



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## Reflection Prompts

- How did it feel to share or listen to stories of kindness?
- Why do you think kindness is important for yourself and for others?
- What is one act of kindness you can do tomorrow?

## Winning the Game

There are no winners or losers. The success is when students practise kindness, reflect on its importance, and commit to bringing it into their daily lives.

## Variations

- **Classroom Edition:** Create a "Kindness Wall" where each student writes their Skittle reflection on a sticky note and posts it.
- **Family Edition:** Play at home with family members, sharing stories of kindness together.
- **Token Edition:** Use coloured tokens instead of Skittles for allergy-safe or non-food versions.

## For Wheelchair Users / Accessibility

- Ensure Skittles or tokens are passed around within easy reach.
- Accept verbal sharing, drawing, or AAC devices as ways of expressing reflections.
- Provide visual prompts for each Skittle colour to support all learners.

## Notes for Inclusion

- Encourage students to share in different ways: spoken, written, drawn, or acted out.
- Celebrate all contributions equally, no matter how small.
- Remind students that kindness can be everyday actions, not just big gestures.

