

Kindness Boost Example.
Theme #3. “Creating an Atmosphere or Symbols of Kindness.” 11-13 years of age.

What skills can/should be developed to show kindness?

Time: 10-20 minutes

Steps: Do this activity when you have 10 consecutive minutes and 5 minutes before the next class meeting.

Show students the video [Free Hugs Project](#): 12-year-olds giving free hugs in front of their school. Discuss how this activity helped people feel grateful for the generosity of a simple hug.

Teacher-Generated Lesson Idea: As students enter the classroom, hand them a blank sticky note/index card with the directions to write the first name of someone they are **grateful** for on the front of the note; then, ask them to flip the sticky note/index card over and briefly describe why they are **thankful/grateful** for that person. Once finished, ask students to place the sticky note/index card in a private place. Challenge the students to mindfully think about their gratitude for the person they wrote about at least three specific times in the upcoming 24 hours.

Student-Generated Lesson Idea: Ask students: What is one undisruptive thing we can do that will help everyone who works in a particular space in the school (such as the office or cafeteria) **feel noticed** and **appreciated** by our class? Please share an idea with a partner.

Ask students to share ideas with the group and determine which idea works using typical classroom procedures.

Implement the teacher-generated lesson idea or the student-generated lesson idea.

When students return to the next class meeting, ask questions using the following prompts for the student-generated lesson: How did the activity help others feel **noticed/cared** for or **appreciated**? Does noticing others and sharing our **gratitude** and **care** make us **kinder**? What other things can we do to show **gratitude** or **appreciation** in a simple way? For the teacher-generated lesson, ask: How did it make you feel to reflect on your gratitude for one person thrice a day? How can you express appreciation to this person in the future?

Share and discuss as time allows.