

spreadkindness

Study Guide

Pre-program discussion:

Question #1: Talk about words that make us feel better about ourselves.
How does hearing these words encourage you?

Question #2: How might a smile from someone help you feel better?

Questions on screen during the presentation:

#1: What are some ways we can spread kindness at school or at home?

#2: What can we do to be a role model others want to follow?

Post program discussion:

A: How might we spread kindness to others by being respectful or tolerating different opinions of those around us?

B: How might being a friend to those who are being bullied help spread kindness?

It really doesn't take too much extra effort to SPREAD KINDNESS. In fact, if we make it a part of our daily lives it will become quite natural and contagious. Together we can work to make our homes and school a safe and enjoyable place to learn.

Activity:

#1: Make a list of 10 kindness activities students can do. Then make it a goal to do one of these actions each day for 10 days.

#2: Have the students write about a time when one person changed their life with a word or action. Have them note how that person's act of kindness made them feel.