

Kindness Bombs

We have completed all four weeks of our Courage unit. Now it's time to apply everything you have learned. Over the next week or two, we will be working towards creating a plan to shower our school community with kindness bombs.

Courage Sub-Concepts

Vulnerability, Humility, Kindness

Project Timeframe

1-2 weeks, broken up as needed by class schedule

Required Materials

- ☐ Materials will vary depending on the kindness activities chosen.

Standards Map

This project aligns with CASEL Competencies, National Health Education Standards, International Society for Technology in Education Standards, when applicable, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

Some of this will fall under the heading of random acts of kindness. Random acts of kindness are actions that are not announced, not necessarily planned, and not rewarded. You are doing kind things for others just because you want someone else to feel good, not because you want anything in return. The act of kindness is the focus, not you as the giver, even if some of these acts might be done directly to the other person.

Here is the plan for this project:

1. Our class will brainstorm 4 ways we can shower our school with kindness during one specific week this year.
2. On our last day of the week, we will focus on a day of Random Acts of Kindness (RAKs).
3. We will divide up into 4 groups to map out our plan within each identified kindness activity.
4. Each group will be responsible for planning and executing their assigned day of kindness. The rest of the class is encouraged to help the group in any way they can.
5. On the last day of the week, we will ALL work to perform at least one RAK, reporting back how it felt, and the reaction of the person that received the RAK (if you were able to observe this!).

Week 1: Developing our Plan

As a whole group, brainstorm different ways to shower the school community with kindness. The following are some examples to get you started:

- Uplifting notes in books in the library
- Positive statements written in chalk outside the school
- Welcoming each student in the morning with a compliment as they walk into school
- Passing out candy during lunch with an uplifting statement attached to it

As a class, vote on your top 4 choices; these will become your daily kindness activities for the following week.

Divide the class into 4 groups. Assign each group with one kindness activity. Each group must accomplish the following during this week:

- Create a plan to execute their kindness activity
- Create a materials list for their activity
- Present their plan to the teacher
- Gather all necessary supplies (or make them if that is necessary)
- Share their plan with the rest of the class

Every person within the group must participate!

Week 2: Kindness Bombs!

This is the week! It's time for your class to drop some kindness bombs every day for a whole week straight!

- At the beginning of class, remind students which kindness activity will be completed today. Make sure the assigned group is ready to go.
- Each kindness bomb can be completed before school, during your class time, during lunch, or even possibly after school depending on supervision needs and bus schedules. Make sure each group has identified *WHEN* they will be completing their activity.
- If time allows, reflect on the previous day's kindness bomb before starting the next one. How did it go? What was the reaction of the school?
- The 5th day can be used as a make up day if your schedule did not allow for 4 straight kindness bomb days (ie: sick day, field trip, etc.).

After every activity has been completed, reflect on the week as a whole:

- How did the school respond to our week of kindness bombs?
- How do you feel your group's activity was received?
- What is one thing you would have changed for your group's activity?
- How did it feel to complete a Random Act of Kindness?
- How can we keep this momentum of kindness going after this week?