

10 extra activities to foster KINDNESS AND EMPATHY



KINDNESS QUOTE ARTWORK

Students choose their favourite kindness quote and create artwork showing how they feel about their quote and why. Students' creations can range from creating posters to writing visual poems reflecting their thoughts and emotions about their quote.

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KINDNESS COUNTDOWN

Students decide on a number of kind actions they'd like to do by the end of the term/year. They then reflect on why these actions are important to them and set new actions or explore why the set ones haven't been achieved.

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DEAR OLD ME,

Learners reflect on a past school issue they did not manage to resolve successfully or an issue they struggled with a lot and write a letter of understanding and compassion to their younger self.

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MY SELF-CARE VISION BOARD

Learners create their paper or digital vision boards with advice on how they can take care of themselves mentally, emotionally and physically. Learners can present their boards in class and explain why they chose the specific tips/advice.

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WHAT, HOW, WHAT NOW

Learners discuss common class problems (e.g. turning in homework late), identify how the people facing the problems might be feeling and suggest solutions to the problems.

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SHIFTING PERSPECTIVES

Students retell a story from the perspective of a character they would not normally identify with. In this process, ask students to think and reflect on what the character might be feeling and why as well as what the character's beliefs and thoughts might be.

OUR CLASS SHOUTOUTS

Learners decide on the most helpful/encouraging classmate and write on a sticky note why they admire them. Students place the sticky notes on a class noticeboard and decide on a Kindness Champion every week.



POSITIVE REFLECTION

At the end of each lesson, learners share one positive thing that happened in the lesson, one new thing they learnt and one thing they feel more confident about.

WHEELS OF CHOICE

Students brainstorm negative feelings they might experience during the school year. In pairs, they think of solutions on what they can do so that they can handle these emotions effectively.



1 OUT OF 5 (PRACTISING MINDFULNESS)

Learners focus their attention on 1 thing they can see, hear, smell and taste. They write down their observations and share their feelings and thoughts on them.

