



## Spread a little kindness in the classroom!

Here are a range of short activities to explore kindness.

Take a look at the ideas and choose those that are suitable for your class...

### Primary

#### What is kindness?

Ask the class to think of a time someone was kind to them. What happened? What did they do? What do they think? How did they feel? Draw or write about it and share examples, highlighting how kindness can take many different forms.

Next ask pupils to draw an outline of their hand on a piece of paper. On each finger they can write or draw an idea of how to be kind to other people.

#### Kindness recallers

After playtime or lunchtime, encourage the children to report kind acts they have seen – like a brief 'positive tale-telling session'.

#### Kind communication

Empty a tube of toothpaste in front of the pupils. Ask them if they can put the toothpaste back in the tube. Is this possible?

Discuss how easy it is to empty the tube without really thinking about it, but once it is empty there is no going back.

Link this to unkind words, once they are said they can't be taken back. We can apologise and try to make things better but unkind words can't 'be put back in the tube'.

For older pupils, discuss how this applies both on and offline.

#### Listening to others

Divide your class into pairs.

Partner number 1 should talk for one minute about something they enjoy like a hobby, a favourite story or film, or what they did at the weekend.

Partner number 2 should pretend they are not interested. Do things like turn away, yawn, fidget, and look bored.

Now ask the pupils to swap roles. Discuss how they felt when their partner didn't listen? What makes a good listener? List some of the things we can do to show we are listening.

### Secondary

#### Random acts of kindness

Encourage students and staff to commit to one small Random Act of Kindness a day. Make sure the act is small and kind.

Try to stay anonymous (if possible) and notice the impact on yourself when you carry out these small random acts of kindness. Afterwards, discuss as a class if we always need to be recognised, and rewarded when we are kind, or is the act of being kind a reward in itself?

#### Spread a little kindness in school

You might like to create a map of ideas – students can add words around the word kindness, or find images of kindness that they can add to a kindness wall.

Could you carry out your own school-based version of "Humans of Dublin" (e.g. Humans of [your school name]?) sharing stories of kindness within the school.

[tinyurl.com/HumansofDublinIndependent](http://tinyurl.com/HumansofDublinIndependent)  
[tinyurl.com/HumansofDublinMirror](http://tinyurl.com/HumansofDublinMirror)

#### Reporting on kindness

Students could write school blogs or create a school magazine that reflects on kind acts during the week. You could dedicate a feature to aspects of kindness, random acts of kindness and key figures who are known for their kindness.

You might also like to encourage students to reflect on why kindness is important.