

## Into The World The Kindness Mindset

### LEARNING OUTCOMES



Social awareness  
Relationship skills

### MATERIALS NEEDED



Post-it notes & Pen

### TIME IT TAKES



15 minutes

### 1. What?

An activity demonstrating that extending kindness to somebody else directly benefits the well-being of the recipient as well as increases the happiness of the giver.

### 2. Why?

Kindness is contagious. People who are generous, who offer kind words and positive actions and help others regularly brings out the best in themselves as well as the best in the lives of others.

### 3. How?

- + On a minimum of 14 post-it notes, ask the participant(s) to write down as many acts of kindness that they can imagine. It could be kind gestures too, like being a good listener or letting someone in a supermarket line.
- + Instruct the participant(s) to fold the post-it notes and place them in a bowl beside their bed.

- + Direct the participant(s) to pick one post-it note, when they wake, and offer the act of kindness throughout the entire day.
- + Encourage the participant(s) to continue the activity for fourteen consecutive days.
- + Once the activity has concluded, engage the participant(s) in a dialogue using the suggested conversation starters as a jumping off point

### 4. Conversation Starters

- + What surprised you?
- + What prevents you from sustaining a kindness mindset, every day of the year.

### 5. Dive Deeper

- + Ask your friends, family, or teacher to initiate the same activity with others and be a champion in spreading kindness to the world.

### Did You Know?

The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improves their mood and makes them significantly more likely to pay it forward.