



Roots & Shoots, a program of the Jane Goodall Institute, is a global movement of youth who are empowered to use their voice and actions to make compassionate decisions, influencing and leading change in their communities. Learn more at rootsandshoots.org



ACTIVITY: MINDFULNESS: ACTS OF KINDNESS

Small acts of kindness can go a long way!

Sometimes we don't take the time to recognize the everyday acts of kindness that happen around us. Join in this activity as an individual or lead it with your group to promote mindfulness.

Time Requirement:

* Approximately 10 minutes per day, adaptable

1. Consider, what counts as kindness?

As an individual or with your group, consider what actions might be simple acts of kindness. Things such as opening doors, giving someone a compliment, and picking up someone else's trash are great examples. What other simple acts of kindness are there?

2. Create a "kindness box."

Create a place to collect acts of kindness. When you notice somebody doing something kind for someone, write it down on a sheet of paper and put it in the Kindness Box. On a regular basis, read the kindness submissions out loud and celebrate the kindness witnessed around you or your group.

3. Demonstrate the impact of kind actions.

Illustrate how small acts of kindness add up by making a kindness chain. One Roots & Shoots educator suggests using pieces of yarn for each act and then tying them together. Another idea is to make cut-out shapes and write the acts of kindness on them to display. Either way, create something that demonstrates how simple acts of kindness combined mean big, positive change.

