



Make & display a KINDNESS MATTERS sign.

Art by Jack, age 11, California, USA



Get Inspired

Quote

"No act of kindness no matter how small is ever wasted."

Aesop

Fact

Studies show that concentrating on positive thoughts can shrink the size of the brain's fear-center, the amygdala. It can also make us smarter by increasing the thickness of the neocortex which is associated with our higher-order thinking.



Shake It Up

Spell out KINDNESS with your body.

"I am kind!"



Talk It Out

1. Does kindness really matter? Why or why not?
2. What are some examples of kind acts you have done for others?
3. How did people feel when you were kind to them?



Do It!

1. Design a sign or poster that says, "Kindness Matters!"
2. Show your sign to your classmates.
3. Display your sign somewhere in your classroom or in the school to remind yourself and others that kindness matters.

Make & display a KINDNESS MATTERS sign.

SEL Competencies

Self-Management

Self-Motivation

Responsible

Decision-Making

Ethical Responsibility

Relationship Skills

Communication

Timeframe

30 min

Materials Required

Paper, poster board or construction paper

Markers, pens, pencils, crayons and/or paints



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Quote

Invite a student to read the quote.

Fact

Studies show that concentrating on positive thoughts can shrink the size of the brain's fear-center, the amygdala. It can also make us smarter by increasing the thickness of the neocortex which is associated with our higher-order thinking.

[Source](#): Medium



Shake It Up

Get your students moving. Invite them to do the following activity:

Spell out KINDNESS with their bodies.

1. Call out each letter and have the students arrange their body into the shape of the letter. Start with "K" and give them about 10 seconds to form each letter.
2. Continue with "I", "N", "D", "N", "E", "S", "S"



Talk It Out

Encourage your students to reflect on the provided questions.

1. Does kindness really matter? Why or why not?
2. What are some examples of kind acts you have done for others?
3. How did people feel when you were kind to them?



Do It! (as a class + individually)

Allow time for the following:

1. Have students design a sign or poster that says, "Kindness Matters!"
2. Invite all students to show their finished signs to their classmates.
3. Take a class photo with all students holding up their signs.
4. Encourage them to hang up their sign somewhere in their classroom or in the school to remind themselves and others that kindness matters.