

Theme: OTHERS

Educational Resources: 7th- 12th

Activity: Write Kindness- Whiteboards

Subject: any

Prep Time: 5 min to gather boards, markers, erasers

Activity Time: During 1 class period

Activity Description:

The goal of this lesson is to give confidence to both the kindness writer and receiver.

Teachers, gather enough whiteboards and markers for the class. It is fine to use any other materials that your class has, like chalk boards or pads of paper. Teachers will pre-select groups and assign each student one person to write a complement to in each group, ensuring that each student will receive a complement. The assigning of who gives whom a complement can be random or based on knowledge of your class makeup.

Direct Instruction –

Tell students that they are going to practice giving and receiving kindness in a fun way! Let them know that it is equally impactful to give a sincere complement as it is to receive one. Complementing someone’s personality or character generally makes the receiver feel better than a complement on their appearance or skills. Explain to students that there are many benefits to giving and receiving sincere compliments. Including:

1. Gratitude Growth
2. Mindfulness Cultivation
3. Self Confidence Development
4. Personal clarity
5. Graciousness
6. Emotional Wellbeing
7. Good Karma

For this activity they are going to be broken into groups of about 5-7 students. Each student will take time to think about a sincere complement they give based on the receiver’s personality or character.

Help them brainstorm specific and concrete ideas. Be creative. Teachers can give examples like – instead of saying “You are nice.” Be specific and say “You are nice because you...help your grandma do yard work, always give a smile to anyone, think of other’s feelings.”

Group Discussion –

Once the students have thought about and decided on the complement they want to give, they write it largely on their board and keep it hidden from the group. Students must remember which PERSON they wrote about and WHAT they wrote. The students will then take a minute to shuffle the boards, so they are not holding their own and they don’t know who is holding theirs. At this point, each student takes turns revealing and reading their board. After one is read, the rest of the group make guesses as to who the complement could be referring to. Encourage them to suggest different group members because many people have similar good qualities. After a few guesses, the writer of the compliment reveals themselves and says who it was about. The receiver is required to thank the writer for the complement to show they are receiving it. Continue this procedure until all compliments have been given and received.

Outcome Measurement:

Ask students to write a paragraph explaining how they felt thinking about, writing and reading the compliments. Then write a second paragraph explaining how they felt receiving the compliments. The last paragraph will be about why they think it is important to practice giving and receiving kindness.

Sources:

SevenDays® Inc.

<https://digitalcommons.sacredheart.edu/cgi/viewcontent.cgi?article=1186&context=acadfest>

<https://blog.thewellnessuniverse.com/7-benefits-of-giving-and-receiving-compliments/>

Aligns with Kansas State Standard:

- Social Emotional Character Development Standards, Character Development Model Standards
 - Character Development – Core Principles

- Personal Development – Self-Awareness
- Social Development – Social Awareness

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****Disclaimer: The lesson plan above should be adapted to your class- grade level, knowledge base, time restrictions, class make up, etc. Only use what works for your situation.**