

Random Acts of Kindness has brought more meaning into my life, and I am committed to help spread the word.

— Carol, State Parent Facilitator, HI

# do

These Lesson Plans are a culmination of school-wide activities and classroom activities, ranging from grades K-12.

## Lesson Plan

### Kindness Cards

Submitted by Roger; Bloomington, IN

**Type of Activity:** School-wide program that recognizes random acts of kindness among students and rewards them for it.

**Age Group:** Prepared for a High School – easily adapted to all grade levels.

**Materials:** paper and copier to make cards

#### Procedure:

At our first teacher's meeting this year, we explained the Random Acts of Kindness Program that we wanted to start. It was a very simple concept but rewards students for doing "kind acts." I passed out Random Acts of Kindness Cards to all teachers. Enclosed is an example of the cards. If a teacher sees a student doing something they feel should be recognized, they simply fill out the card and give it to the student. The student then brings the card to me, the guidance counselor, and they receive a treat. This is usually gum, crackers, miniature candy bars or candy of some sort. I congratulate each one individually and we put the names in a monthly drawing for pizza that is donated by a local merchant. At the end of each month, we post all the names on our student "brag board." The number of students that have been recognized has risen as the year has progressed.

This is a simple program that gives some recognition to students that many times don't receive the positive praise and recognition that they deserve.

#### Kindness Card:



YOU'VE BEEN CAUGHT PARTICIPATING IN A  
RANDOM ACT OF KINDNESS

Name \_\_\_\_\_  
Referred by: \_\_\_\_\_  
Date \_\_\_\_\_

The Random Acts of  
Kindness<sup>TM</sup> Foundation

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