



American
Heart
Association.

The Kindness Project

Encourage, recognize, and promote caring and compassionate behavior

OVERVIEW

The goal of the Kindness Project is to encourage, recognize and promote caring and compassionate behavior. This can be done with the entire school, or just your classroom. It can also be adapted virtually. This project is designed to be run by student leaders.

Prior to introducing this, have a discussion with students about the purpose of creating a kinder classroom/school by being kinder people. Lead them in a discussion about the overall intention of spreading positivity and kindness at your school.

OPENING QUESTIONS TO ASK

- What do acts of kindness look like and why they are important?
- What does it mean to show compassion to others? (i.e. thinking about others' needs, not just our own, noticing when others are sad or are in need, listening closely when others talk to you, doing what you can to help.)
- What was a situation where you became angry or upset? How did you handle that situation? Have students brainstorm how they could have responded to the situation with kindness.

1. Choose a large wall in your school that will be the designated kindness wall.
2. Student leaders will visit each homeroom to explain and lead the activity, giving examples.
3. Each student will receive a sticky note to reflect and write how someone has been kind to them, an act of kindness they've seen recently, or an inspiring message.

**Staff and student leaders are advised to monitor the wall for appropriate messages.*

VIRTUAL OPTION

As a class activity, ask students to write on a sticky note how someone has been kind to them recently, or an act of kindness they've seen, and share with the class. This can be repeated daily or weekly.