

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**

approx. 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, using manners, 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.

**EXTERNAL RESOURCES:**

- **How to Introduce Mindfulness into Your Classroom** (theguardian.com)
- **Does Mindfulness Make You More Compassionate?** (greatergood.berkeley.edu)



Inspired by Roots & Shoots educator
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