

Kindness Reflection Piece **New!**

Encourage your students to reflect on the kindness they imparted throughout The Great Kindness Challenge through letter writing, discussion ideas and fun activities. Take a look at the ideas below, which will help provide context for your students. They will start to see the positive impact kindness has on their school, peers and themselves! Kindness has the power to not only improve self-love but also increase campus moral, peer relationships and empathy.

Sentence Starters For Kindness

This is a great activity for our elementary school challenge participants. Help students reflect on how kindness has impacted their lives by providing sentence starters like “I felt happy when...” or “I’m proud that I accomplished my Great Kindness Checklist because....” You get the idea! Need inspiration? Check out our [Kindness Reflection Worksheet](#).

Kindness Sketch

A simple way for students to reflect on how both imparting and receiving kindness made them feel, have them draw their kindness. Have your students sketch a picture that represents what they’ve learned from The Great Kindness Challenge and share with a peer or the class.

Share Kindness With Home

As a way to continue the kindness momentum, bring the parents/legal guardians on board! Opening up a reflective dialog with parents can deepen the experience for your students. Through our new Family Edition Great Kindness Challenge (stay tuned), you will be able to promote a culture of kindness not only in the classroom but within your students’ homes! Send home a parent letter describing the Family Edition, including the Family Edition Checklist and ways that exercising kindness in the home can generate positive outcomes for their child(ren). Studies show that kindness has the power to not only elevate mood, self-confidence and productivity it also decreases negative behavior and depression. Stay tuned for The Great Kindness Challenge newsletters, which will highlight updates on The Great Kindness Challenge Family Edition!

Write About Your Kindness

Sometimes the best way to reflect is to write. This is a great activity for our high school students – provide writing topics, [kindness quotes](#) to provide inspiration for students to think about the week. Journaling is a traditional reflection activity, but don’t restrict yourself to paper and pencil. Blogs and vlogs work just as well for getting students to reflect on their kindness.

Create Kindness Snowballs

This is a great way to engage your upper elementary school students through 12th grade and is a fun way to reflect on kindness. After the challenge, have your students write a key reflection on a sheet of paper and crumple it up. Then they toss their papers to the other side of the room. Once students catch a “snowball,” they read it, add something new and repeat.

Video Your Kindness

Have your students share what kindness means to them, or provide your students a prompt, like “kindness taught me...” Or, “I performed [fill in blank kindness act] and it made me feel...” Taping the students’ responses and sharing with them will not only help them reflect on kindness but also sharpen their presentation skills!

Kindness Exit Slips

This is great for our middle school or high school students. Before students leave your class, ask them to quickly jot down what they’ve learned from The Great Kindness Challenge (or answer another reflection question) – it can be that simple. Check out our list of potential exit slip questions, and please send us additional questions that you used to add to our toolkit!

- What one act meant the most to you and why?
- How did performing an act of kindness for a peer/teacher/stranger impact or change your life?
- What does kindness mean to you?

Model Your Own Kindness Reflection

Your students will be more inclined to share how kindness changed their lives if you do so as well - so make sure to model your own kindness reflection by participating in any of the aforementioned suggestions. Or try your own! And if you create your own kindness reflection, make sure to share with us as we love to add fresh ideas to our toolkit.