

### ACTIVITY: ONE KIND WORD

Provided by InspirED

#### PATHWAY

DEVELOPING POSITIVE MINDSETS  
STRENGTHENING PEER RELATIONSHIPS  
FOSTERING EMPATHY  
SPREADING CYBER-KINDNESS

**GRADES:** 4<sup>TH</sup> - 8<sup>TH</sup>

**DURATION:** 10 min

**INTENSITY:** MODERATE

#### WHY TRY IT?

Students will be able to describe how a kind word/action can positively affect themselves and others. They will develop empathy and identify ways to be understanding toward others. Research shows that kindness often benefits the giver even more than the receiver. Practicing kindness improves mood and overall health.

#### HOW TO DO IT

1. Explain the power of kindness through words or actions, focusing on the power of small acts or words of kindness.
2. Encourage students to think about one kind word or action they can give to another person while still respecting social distancing restrictions. Have them think about different groups of people who might be in need of kindness — family members, classmates, neighbors, essential workers in their communities, etc.
3. Ask students to recall a time when someone did something kind for them and how that felt. Have students discuss or journal briefly about those feelings.

*Optional: Have them discuss powerful kindness quotes.*

**Sample quotes:**

- “Kindness is the language which the deaf can hear and the blind can see.”  
- Mark Twain
- “Remember there’s no such thing as a small act of kindness. Every act creates a ripple with no logical end.”  
- Scott Adams

4. Have students write for 3 minutes about one kind or thoughtful thing they can do today to make someone in their life feel valued. Ask them to write down:
  - the person’s name
  - what kind or thoughtful action or words they have planned for that person
  - why they think that action will make the person feel valuedHave students share in pairs, small groups, or to the class either what they plan to do and/or how it feels to plan kind actions for another person.
5. Wrap up the activity by asking how it feels to both give and receive kindness.

*Optional discussion: How might you know that a friend, acquaintance or family member is in need of kindness?*