



# Try Kindness

October 25, 2018

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*Students Will Be Able To*

- 1. Consider the benefits of kindness*
  - 2. Articulate positive statements*
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## Materials

Projector; internet access; paper for a poster.

## Introduction

In our busy lives, we sometimes forget just how powerful simple acts of kindness can be—for ourselves as well as for others.

In this Advisory session, we'll get a variety of ideas of how to show kindness, and we'll also look at the benefits of being kind.

## Activity 1 – Video Screening

Please show students the following videos, and ask them to note ideas for showing kindness. Also ask them to note ways that being kind has benefits for themselves as well as for others.

[“How You Treat People is Who You Are!”](#) video (Please show the first 50 seconds.)

[“Kindness Can Be the Norm”](#) video (1:12)

[“Simple Acts of Kindness”](#) video (3:05)

[“How to Change the World with Kindness”](#) video (1:40)

## Activity 2 – Poster creation

One way to show kindness to others is by sharing positivity.

Invite your class to write positive “I Believe” statements, and then—using those statements—together create an “I Believe” poster which you can display in your classroom or in the hall.

