

GLOBAL PLAYGROUND PRESENTS

100,000

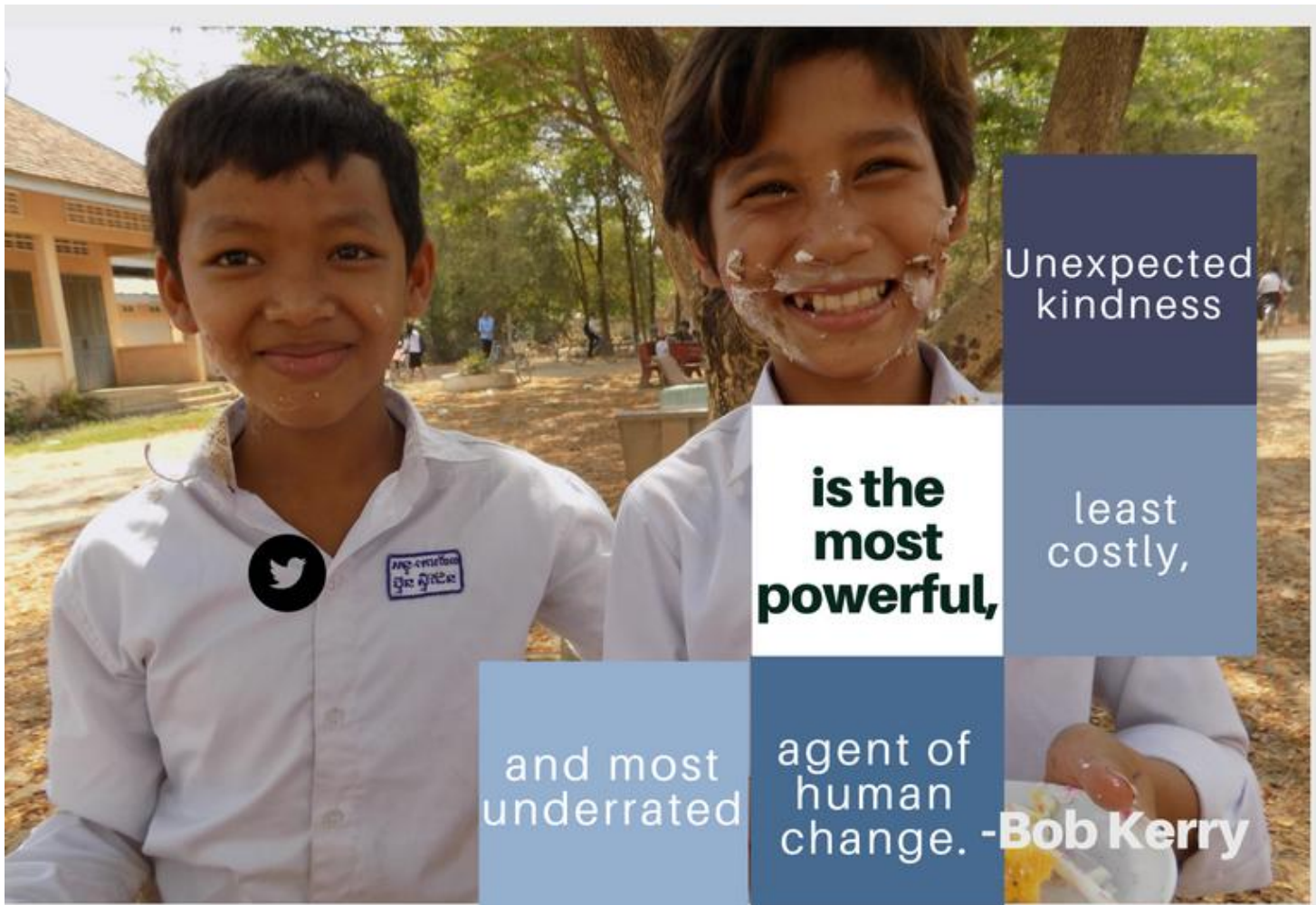
= acts of kindness =

YOU CAN MAKE A



OF A DIFFERENCE

—
ONE ACT OF KINDNESS AT A TIME



Unexpected kindness

is the most powerful,

least costly,

and most underrated

agent of human change. -Bob Kerry

1 0,000 ACTS OF KINDNESS

We encourage academic, artistic, and athletic achievement, but what would happen if we also taught our students to always strive to be kinder?

Global Playground is asking for students, teachers, and communities across the world to band together and #practicekindness in big and small ways this October, November, and December.

In its first ever 100,000 Acts of Kindness Challenge, Global Playground is asking for students to collectively perform 100,000 acts of kindness to improve our world. We have already partnered with schools in Thailand and the Philippines to achieve this goal. Will your school accept the challenge?

STAGES

01 Make the Connection(s)

Have your students record and reflect acts of kindness using classroom paper chains.***

Celebrate these acts.

02 Give Thanks

Every day ask that students write down/draw three things they are grateful for.

03 Set Goals

Have students aim to do small and big acts of kindness each week.

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SCHOOL DIRECTIONS

100,000 ACTS OF KINDNESS

1) Have a conversation

Why is it important to be kind? Why should we care about others? When was the last time someone was kind to you? How did it make you feel? How does being kind make you feel?

Discuss kindness with your students. Have them brainstorm the big and small ways we can practice kindness every day. Suggestion: Read *Have You Filled a Bucket Today?* with your class

2) Make connections and CELEBRATE

Edit the Acts of Kindness template so the prompts fit your unique community. Print as many copies as you like on recycled paper*** and cut along the dotted lines.

Give your students these forms every day in October, November, and December. Have them draw or write their acts of kindness and ask your students to share some of their acts with the class. It is a great time to recognize the students who make a special effort to brighten the world. Tell students to decorate their papers and connect them to one another in the form of a paper chain.

You can count acts of kindness regularly and even hold a competition between classrooms. Who will hold the venerable title of 'Kindest Class'??

***It's always important to be kind to the environment!

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100,000 ACTS OF KINDNESS

3) Give thanks

Kindness and gratitude are connected in powerful ways. For the duration of 100,000 Acts of Kindness, have your students maintain 'Gratitude Journals' where they record three things that they are grateful for every day. Students can write or draw these three things.

Make sure you save time at the end of class so students can share at least one of the things they are thankful for.

4) Engage your class with the world

Work with your class to plan a big project together that will help others. Whether your class cares about the environment or another classroom of students halfway across the world, together you can make a difference. If you need help getting started planning a big project, get in touch with local volunteer groups or the 100,000 Acts organizer Kendall.

Please email Kendall at kendall.lorenzen@globalplayground.org with your classroom and/or school's total number of acts of kindness by December 20th. Make sure to send your school's name and pictures and any observations you make during the campaign. Have fun, don't forget to tag Global Playground in your social media posts, and #practicekindness.

Notes:

This is an activity for students of all ages, backgrounds, abilities, and languages.

The idea for this project came from the 1,000 Acts of Kindness campaign conducted by the Student Assembly at the College of William and Mary in Fall 2012.

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COMMUNITY FEATURE: BUNGA



Their Story

10,000 Acts of Kindness was launched at Angelo Llorente Elementary School (ALES) in the *barrangay* of Bunga, Mambusao, Capiz, Phillippines. ALES is home to 168 students from kindergarten to grade six. The students and teachers of Angelo Llorente Elementary School accepted the challenge on September 12, 2016. Ten days later, the students had accomplished over 8,000 Acts of Kindness. When this program was launched, the goal for this project was for communities across the world to partner and collectively perform 10,000 Acts of Kindness. After witnessing the overwhelming response and impact of the program in Bunga, Global Playground decided to increase the goal from 10,000 to 100,000 Acts of Kindness.

barrangay: community ; neighborhood; village

Email Kendall at kendall.lorenzen@globalplayground.org to get updates on the 100,000 Acts of Kindness initiative and learn what other schools and communities around the world are doing to answer this call of kindness.

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