

Module 8.3

KINDNESS and COMPASSION for Students



TAKE IT DEEPER:

Kindness Steps Worksheet

Dr. Ty Binfet, a leader in kindness research, has identified some effective steps for Intentional Kindness — as he says “the not-so-random” acts of kindness (Binfet, 2015). You can use these steps as an activity for planning out some kindness acts with your students.

Create recipient bank
(who will receive the kind acts?)

Plan acts
(what will you do?)

Verification of acts (by teacher)
(check the appropriateness and feasibility of kind acts proposed by your students)

Timeline
(plan when will you do it)

Enact kindness
(do it!)

Reflect upon kindness
(how did that go?)

Discussion questions (for reflection step):

- How did it feel to do your kind acts? What emotions or thoughts did you notice in yourself?
- Did you notice a change in anyone you did a kind act for? Change in mood? Behavior?
- Were any of your kind acts hard to do? What made them challenging?

