

## Module 8.3

# KINDNESS and COMPASSION for Students



### TAKE IT DEEPER:

## Quiet and Loud Kindness Worksheet

Sometimes students may think they always need to be doing the big gestures of kindness. But compassion doesn't have to be big or obvious. Even the small, quiet, unnoticed moments of kindness are equally as impactful and important. Indeed, they might be even more important— because they demonstrate that the person has internalized the importance of kindness. How might we more intentionally encourage these unseen moments of compassion and kindness?

Use the following template to brainstorm quiet AND loud acts of kindness with your students.

<b>Loud/Big Kindness</b> Kindness that is more obvious; that you can see other people do	<b>Quiet Kindness</b> Kind things you do that people might not notice or acknowledge; sometimes it's something you didn't do, out of kindness
Example: Helping a classmate who fell and got hurt on the playground	Example: Choosing not to laugh along with a joke that might be hurtful to someone

### Discussion Questions:

Was it hard to come up with quiet kindness examples? Have you ever thought of kindness in this way before?

Does kindness always need to be acknowledged? What internal feelings do we get when we are quietly kind— even when no one else notices?

