

Kindness



Introduction

Connect *Kindness Topic to Their Life Experiences*

- Opening question (decide how you will direct them: either to think about it in their head, or if you want them to raise their hands, or talk quietly to the person next to them, etc.) “Have you ever seen someone do something nice for someone else?” (share a couple of examples)
- (use one of their examples or your own) When _____ happened, what do you think the people were feeling? (acknowledge that there might be many different feelings and it’s OK to name our feelings).

Add Content and Information About Kindness

- Today we’re going to talk about how good kindness is for all of us – whether it’s us being kind to someone else or if someone is kind to us. (decide what optional information to share as a transition to the chosen activities)
- Optional: “**Random acts of kindness** can be a fun surprise of kindness given to someone else without them ever knowing it was you! These acts of kindness are not announced, not planned, and not rewarded. You are doing kind things for others just because you want someone else to feel good, not because you want anyone to notice you”. (Random Acts of Kindness)

Kindness

Experience Activity (*choose activity based on time, age, space, community needs, etc.*) See Appendixes for each activity

- Make Kindness Cards (youth through adult), 2 examples of PowerPoints and two handouts
- Chalk the sidewalk with kind messages

Reflect

Many of the activities have questions to ask specific to the activity that allow time and space for reflection. These are examples of general questions that could be uses in a quiet time or group as a circle.

- What do you feel after completing that activity?
- What is one new thing you learned?
- What is one thing you will tell a friend or family member about today's activity?

Continue (*next steps*)

- What can you do this week to continue spreading kindness?
- Optional: if you made kindness cards, let them know who they will go to. Ask if they can make additional cards to share with people they know.
- Optional: (if it's an ongoing group) for next time we meet, _____
- Optional: if you have handouts for parents or flyers about upcoming events, be sure to remind them to share.
- Other:



Outside Activity – Chalk Surprises

Adapted from Random Acts of Kindness Foundation

Preparation: depending on where you will do this activity, make sure it's approved by the property owners – for example, if it's at a school, community site, religious grounds, and/or apartment or group living site, there might be some rules against chalking the sidewalks. Many places will welcome this fun activity (that will wash away with the rain) but make sure it's OK with the owners or management. This should not be difficult depending on who your community partner (they might be the ones to give permission).

Supplies: sidewalk chalk

Share: Today we will do a random act of kindness together. Explain that we will be going outside to the sidewalk/playground/other area with concrete or asphalt to write and draw kind words, phrases, and pictures for other people. As a group, brainstorm ideas on what to write using chalk. Here are some examples:

- Be kind and Pass It On
- Smile, you are special
- Thank you for being you
- Today is a great day
- I believe in you
- Have a great day



Reminders: depending on the age and group, you might need to remind them that we are not adding anything scary or inappropriate (whatever language or description you need to use to guide them. This might/might not be as important with young children verses teenagers). Also **remind the group that this is a random act of kindness** so our goal is to do this activity without others knowing it is us!

Reflect:

- How did it feel to write messages for other people?
- Did you get a chance to see anyone reading your messages? How did that feel?
- What should our next random act of kindness be?



Kindness Cards: Connecting With Our Community

11 slide PowerPoint, Lucas County

- This PowerPoint was shared with community partners to explain our local project, recruit volunteers to create cards, and highlight the local community organizations who are serving seniors (and will deliver the completed cards)
- For a copy of the PowerPoint (that can be edited for your local project and information) email Patrice at powers-barker.1@osu.edu
- See attached slides

Example Slides

CFAES

Help us celebrate!

Kindness Card Project

- Alleviate social isolation and loneliness among seniors in Lucas County
- Create personalized kindness cards
- AmeriCorps will provide supplies to make cards and deliver to local community partners who serve seniors






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CFAES

Cards will be shared with seniors through



Senior Centers, Inc provides outreach programs like, running errands, solving transportation problems, and various housing issues. We help with tasks such as completing insurance forms and applying for a Golden Buckeye card.

The Retired Senior Volunteer Patrol program (R.S.V.P.) is a partnership between the Toledo Police Department and the Area Office on Aging of Northwestern Ohio Inc. Volunteers check on homebound seniors who reside in the city of Toledo.




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Spreading Smiles: Crafting Kindness Cards for Seniors

10 slide PowerPoint, EPHAC, 2024

- This PowerPoint (pdf) can be used to share about the statewide project and/or use as an outline to encourage volunteers to create kindness cards
- This PowerPoint was shared as a pdf with 2023-2024 AmeriCorps members
- See example pages (email for copy powers-barker.1@osu.edu)

Example slides



**SPREADING SMILES: CRAFTING
KINDNESS CARDS FOR SENIORS**



CHALLENGE

I CHALLENGE YOU TO...

- 01** Complete one Random Act of Kindness daily throughout the summer.
- 02** Complete one Random Act of Kindness with a family member.
- 03** Complete one Random Act of Kindness for someone in your home and report back on how it went.



Kindness Card Project

Help us celebrate 30 years of AmeriCorps in 2024!

- Create personalized kindness cards
- AmeriCorps will deliver cards to local community partners to share with seniors
- Help alleviate social isolation and loneliness among seniors in our community

Please Remember:

- A card might seem like a simple act, but it can make a person's day
- **Keep it simple, fun, and encouraging**
- You can sign it from "your friend" or sign your first name but do not write your last name

Please do NOT add:

- Glitter or scary pictures
- "get well" or "feel better"
- Any personal information
- Religious messages or signs
- We cannot use cards that have any of the above

Questions?

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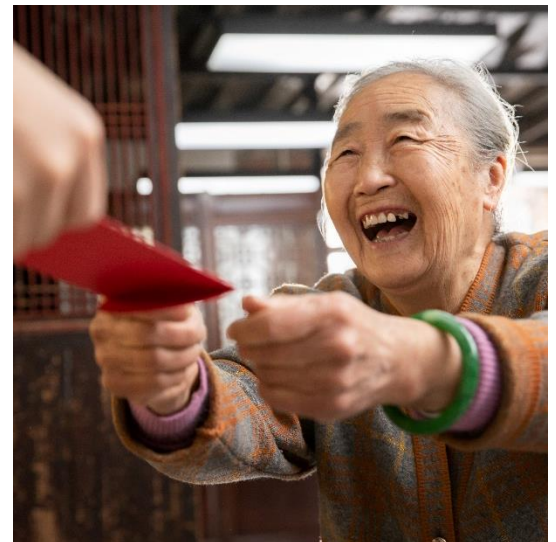
Powers-barker.1@osu.edu or 419-574-0983

Idea Starters for Messages

To a very special person
Hi there!

We're thinking of you
Thank you for being you
Sending care your way

I believe in you
Hope you have a great day
From your friend in Lucas county



Sign Up Your High School Students to Volunteer with the 2024 Kindness Card Project

Lesson Plan Options:

There's no requirement to teach a (short) lesson but if you'd like to share some background with your students, we have a couple options:

- We can share a 10 slide PowerPoint for you to present to your students
- Depending on schedules (ideally, we would like to schedule a week or two out), we could visit your site (in Lucas County) and give a short lesson in-person or offer it virtually.

Card Decorating Options:

What format works best for your students?

- By email - we can email pdfs to print off on site and then decorate - we would schedule time to pick up completed cards
- We can print off copies and drop them off (need details on how many students expected and when they need it and also schedule time to pick them up)
- Or (if we schedule it with them ahead of time) we can provide cards and supplies to decorate, spend time with the students while they do the project and then take the completed cards with us.

For students who want to be creative to **design their own cards on the computer (whatever platform, for example in Canva)**, they can design a card and either save it as a jpg or pdf and email it back to the teacher and/or us. (if sent to the teacher, they would forward that to us). We can print off the jpg or pin pdf color and add it to the collection of handmade cards to share with seniors. We would ask for a completion date so we know when to expect emails and then set up the steps to complete creating a paper card.

Community Service/Volunteer Recognition:

- If students work at least 30 minutes on creating cards, and need credit for their time, we can provide them with a certificate. We will arrange with staff to determine the best way to deliver the certificates.

Questions?

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References

- Anderson, T. (2023). The 4-H Thriving Model Provides a Guide for Helping Youth Grow to Their Full Potential, University of Nebraska-Lincoln
<https://newsroom.unl.edu/announce/lancasterextension/15505/87969>
- Random Acts of Kindness Foundation, <https://www.randomactsofkindness.org/>
- Wisconsin 4-H, Division of Extension, (2020) Experiential Learning Model.
- <https://4h.extension.wisc.edu/4h-resources/experiential-learning-model-handout/>

List of youth community service ideas <https://lancaster.unl.edu/4h/serviceideas.shtml>

