

Use these activities to help your students learn about the power of kindness!

Name: _____

Directions: Think about one act of kindness that you can do today. Write or draw about it inside of the "1."

It all starts with one act of kindness!

This worksheet can be used with the heading provided to create a bulletin board display!

These activities are perfect for:

- Kindness small groups or lessons
- Using with student council or other leadership groups
- Kindness week
- Helping students understand the impact of their words and actions
- Using with or without the book The Power Of One by Trudy Ludwig

“The Ripple Effect Of Kindness” Interactive Worksheets

Name: _____

The Ripple Effect Of Kindness

Look at the act of kindness and think about all of the good things that could come from it. Write about what could happen because of the first act. Then, think about the effect of *that* act, and finally, the effect of *that* act.

1. You invite a new student to sit at lunch.	
3.	

Name: _____

The Ripple Effect Of Kindness

Look at the act of kindness and think about all of the good things that could come from it. Write about what could happen because of the first act. Then, think about the effect of *that* act, and finally, the effect of *that* act.

1. You help clean a mess that you didn't make.	2.
3.	4.

Name: _____

The Ripple Effect Of Kindness

Look at the act of kindness and think about all of the good things that could come from it. Write about what could happen because of the first act. Then, think about the effect of *that* act, and finally, the effect of *that* act.

1. You tell someone that you like their shoes.	
3.	

Name: _____

The Ripple Effect Of Kindness

Look at the act of kindness and think about all of the good things that could come from it. Write about what could happen because of the first act. Then, think about the effect of *that* act, and finally, the effect of *that* act.

1. You do an extra chore at home.	2.
3.	4.

Includes 3 worksheets will help kids think about the impact that kindness can have. Students will take turns looking at a scenario and thinking about the effect that each kind act would have.

“The Power Of Kindness” Matching Puzzles

The Power Of Kindness
MATCHING PUZZLES - SET 1

You help someone carry their books.

You share your candy with your friend.

They can get to where they're going faster and easier. They may also be in a good mood when they get there.

You stay calm and help your friend.

Your teacher doesn't have to do as much and can spend time doing other things.

You smile at someone who is new.

The person feels noticed.

You see someone fall and you help them up.

The person doesn't feel as embarrassed, and feels cared for.

The Power Of Kindness
MATCHING PUZZLES - SET 2

You took good care of the book you borrowed from your friend.	You said you were sorry when you bumped into your friend.
Your friend feels respected and will be more likely to let you borrow things again.	Your friend won't be as upset.
You were quiet and respectful during the class lesson.	You make a kind card for your friend.
Your teacher can get through the lesson and your classmates can learn.	Your friend is excited and knows that someone cares about them.
You help a new student find their classroom.	You ask your friend to teach you about something they are interested in.
The person doesn't feel as nervous about starting at a new school.	Your friend feels like someone is interested in what they are interested in, and they get to share about what they enjoy.
Your friend forgot his calculator so you let him borrow yours.	You ask your mom how you can help her.
Your friend has what he needs for the lesson and can do his work.	Your mom won't have to do as much, and may be less stressed.

Students will look at 16 scenarios and will match each act of kindness to the effect that it could have. This can be done individually or in small groups.

Kindness Spinner



Students will create a spinner of the ways that they can show kindness to the people around them. They can keep it as a reminder of the importance of kindness.