

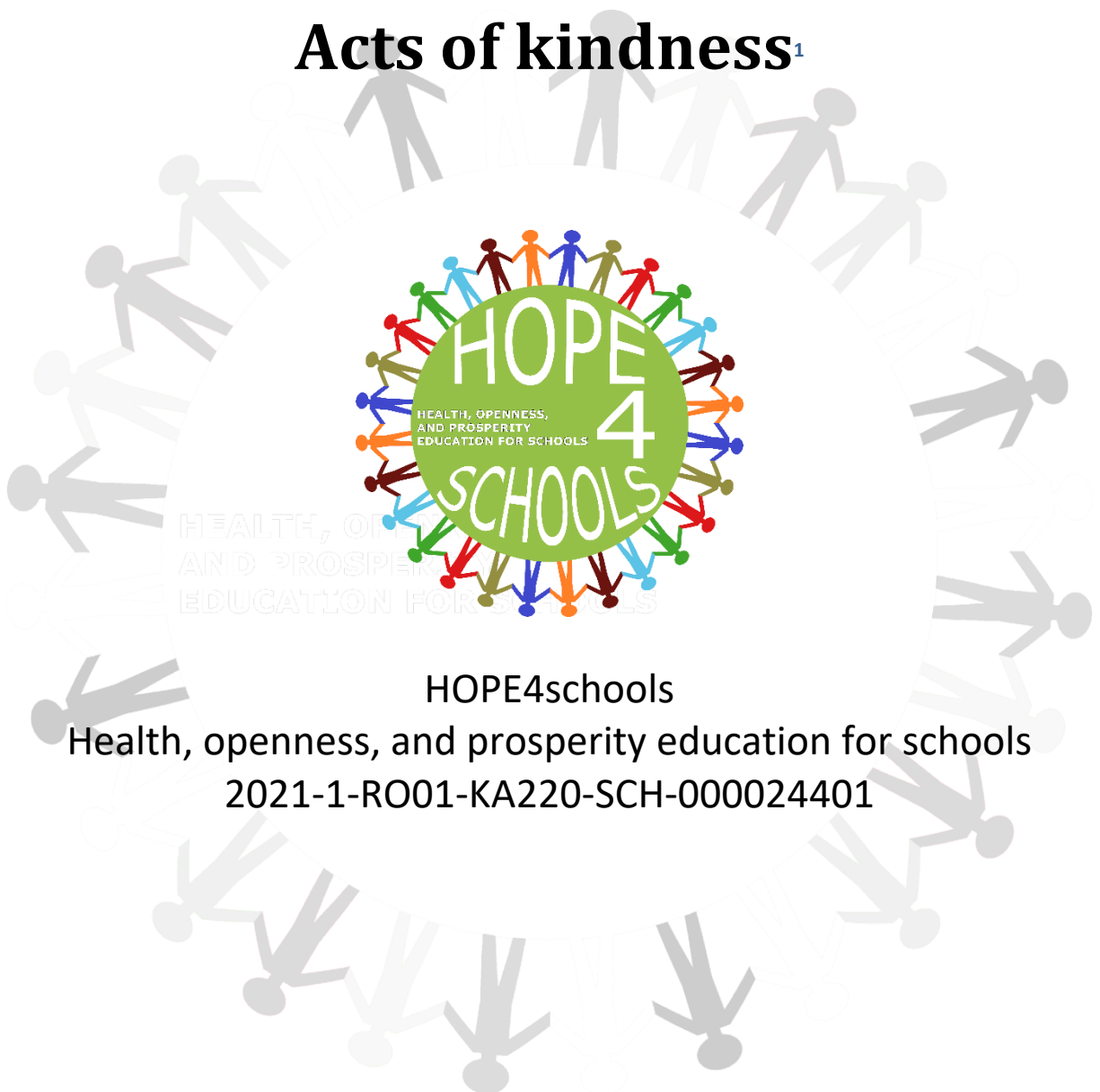


GREEK MINISTRY OF EDUCATION  
AND RELIGIOUS AFFAIRS  
REGIONAL DIRECTORATE OF PRIMARY  
AND SECONDARY EDUCATION  
OF WESTERN MACEDONIA



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# Acts of kindness<sup>1</sup>



HOPE4schools  
Health, openness, and prosperity education for schools  
2021-1-RO01-KA220-SCH-000024401

<sup>1</sup> This activity is included in the thematic unit "Living better – Well-being" and in the subtopic of Mental and Emotional Health of the Lab Skills (Institute of Educational Policy of Greece) being part of the activity «Learning about the Positive Side of Life...!!!». The material is available in the link [1 KAMEAS EYZHN MAGAINONTAS TH OETIKH PΛEYPA THΣ ZΩHΣ.pdf \(iep.edu.gr\)](#) whose creator is Mr. Kameas Nikolaos



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The proposed activities aim at:

- teaching the students the meaning of kindness by doing acts of kindness towards others,
- understanding how their activities and actions change the way they feel,
- teaching the students to recognize and appreciate situations or events that make them feel good.

## DESCRIBING THE ACTIVITY

**1st STEP:** "*Talking about good acts*". We explain to our students that the goal of our activity is to learn to identify opportunities to do acts of kindness towards others at school, because when we are good, we become more positive and feel good about ourselves. Thus, we feel optimistic and have self-esteem.

**2nd STEP:** "*A real kindness scenario*". We divide our students into groups and each one writes on a blank piece of paper the good acts of others and his/her own good acts at school in two vertical columns. Then, each group creates its own scenario of kindness, in the context of everyday school life, trying to connect the good acts recorded by all the members of the group. Each group presents its scenario to the class plenary. Based on the scenarios, we ask children to discuss opportunities and ways in which they can do acts of kindness towards others.

Reflection. What did I learn? How did I feel? Do you think it's important to do acts of kindness toward others? How does this affect the behavior of others in your opinion?

How often do you do acts of kindness? Do you do acts of kindness daily? If so, say why... If not, say why.

**3rd STEP:** "*With imagination and kindness*". We put on relaxing music and ask our students to close their eyes, relax and imagine that they are doing a good act. The students describe the good act they imagined. How did you feel? Could this good act really be done? Is it easy to do acts of kindness? How do we feel? How can the one who receives kindness feel?

Reflection. What did I learn? How did I feel?



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