



# Kindness Chain

## PURPOSE //

- Kindness has been shown to positively increase self-esteem, empathy, and compassion, as well as improve your mood.
- Physiologically, kindness can positively change your brain by boosting levels of serotonin and dopamine.
- Motivate students to perform acts of kindness
- To be aware of all the kindness that exists within your school building
- To have a visual of all the collective acts of kindness from teachers and students



## INSTRUCTIONS //

### Materials

- Construction paper/ colored paper
- Scissors
- Markers
- Tape or Glue

### Assembly

1. Print out instruction worksheet and kindness ideas worksheet and place in the hallways
2. Cut out strips of paper long enough for students to write in them and to make them chain links
3. Set a table, room, space to leave instructions, paper links and tape/glue.

### Application

- Place instruction sheets in the hallways
- Have students/teachers/staff write down their kind act on each strip of paper
- Tape or glue each strip interlaced with other filled-out strips. (Each strip is a chain link)
- Decide where the chain will be displayed (hallway, entrance, etc.)
- Decide how long you will let the chain grow (1 week, 1 month etc.)
- At the end, take a picture of students and the entire chain so you can share how KIND your school is!

### Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



## KINDNESS IDEAS

LET SOMEONE  
ELSE GO FIRST

FORGIVE  
SOMEONE

GIVE A KIND COMPLIMENT

MAKE  
SOMEONE  
SMILE

VOLUNTEER

SAY GOODMORNING

WRITE A KIND NOTE

GIVE A  
HUG

OFFER TO HELP  
SOMEONE

ENCOURAGE  
SOMEONE

INVITE SOMEONE  
TO JOIN YOU

HOLD THE DOOR FOR SOMEONE

HELP CLEAN UP A MESS

MAKE A HANDMADE GIFT



## We are creating an Acts of Kindness Chain

### What you need to do:

1. Take a strip of construction paper, a marker, and a piece of tape.
2. Write down something kind on your paper. (Bonus: Do something kind and write that down!)
3. Create a loop out of your strip and wrap it around the loop of the person to your right to create a chain.
4. Create more loops to create a longer chain of kindness.

Communicate with the people to your left and right to make the chain!

