

# KINDNESS RISING

## ACTIVITY GUIDE

### STEP 1: DISCUSS & SHARE YOUR BE FEARLESS BE KIND PLEDGE

Visit [www.YSA.org/Pledge](http://www.YSA.org/Pledge) to complete the pledge online or download and print the pledge forms for youth [under age 8](#) and [ages 8 and up](#).

[Watch this video to see how and why this pledge was created](#) and use the following questions to prompt writing, art, and/or discussion activities:

- What does being fearless mean to you?
- How are you kind to others? How are others kind to you?
- Who do you see in your neighborhood or school who needs your help? What problems do you think need fixing?
- How can you be kind to others and make a difference?

*If you use the printed pledge forms, please enter your pledges online at [www.YSA.org/Pledge](http://www.YSA.org/Pledge) to make sure you're counted! (You can submit one pledge on behalf of your entire class or group.)*

#### SHARE YOUR PLEDGE!

Encourage others to join you.

- [Click here to tweet about your pledge.](#)
- [Click here to post about your pledge on Facebook.](#)

We suggest a post like this, but feel free to make it your own and share a picture or two of you with your pledge (use the downloadable pledge forms to the right) or showing you being fearless and kind to others.

*I just pledged to #BeFearlessBeKind by standing-up for others, being inclusive, and making a difference. Join me and @YouthServiceAmerica and raise your voice, take action, and make an impact this year through kind acts and service projects!*

<http://www.YSA.org>



## STEP 2: CHOOSE A PROJECT IDEA

Ask all the students to do at least one act of kindness in the next week (or before whenever you plan to do the next step.) Share the ideas on page 3 to get them thinking about how they can be kind. They can choose one of these ideas or come up with their own!

You can find additional ideas for acts of kindness at:

[Random Acts of Kindness](#) | [100 Fun Ways to Help Kids Practice Kindness](#) | [The Great Kindness Challenge](#)

After the acts of kindness have been completed, reflect on what they experienced by being kind and challenge them to take their kindness to the next level by planning a service project. Have students answer the following questions as an entire class/group or in small groups:

- What did you do? (How were you kind?) How did that help others?
- What else could you do to continue to help even more people?
- What is something our entire class could do together to make a difference?
- How can we use what we are learning to do this project?

Be prepared to guide students to think about a group project that builds on their kind acts.

For example,

- If they picked up litter as their kind act, they could plan a park clean-up or a schoolwide recycling drive.
- If they read to a younger sibling or helped them with their homework as their kind act, they could plan a buddy reading event with an entire class in a lower grade level.
- If they donated cans of food or volunteered at a food bank, they could plant a community garden or fundraise for the local food bank.

Search the [LeadASAP Idea Center](#) for project ideas in these categories:

[Sports](#) | [Music & Art](#) | [Reading & Learning](#) | [Animals & Nature](#) | [Technology & Science](#) | [Kindness](#) | [Politics](#)

[Health & Wellbeing](#) | [Environment](#) | [Poverty & Hunger](#) | [Education & Equality](#) | [Elections & Advocacy](#)

Download the [Pick Your Project Tipsheet](#) to choose a project that will be both fun and meaningful for you. [Watch this short video](#) to guide you through identifying your spark (an activity that you love to do), your cause (the issue you want to address), and your action strategy (what type of a project you will lead).



## IDEAS TO BE FEARLESS BE KIND

**What do you care about?**

\_\_\_\_\_ **Helping the environment or animals.**

- Pick up litter or trash and suggest others do the same.
- Plant a tree or pull weeds to beautify an area.
- Donate old blankets, towels, or dog & cat toys to the local animal shelter.
- Create stickers or posters for your school or house reminding everyone to turn off lights when they leave the room.

\_\_\_\_\_ **Helping people who are hungry or homeless.**

- Collect cans of food in your neighborhood to donate to the local food bank.
- Collect used games, books, toys to donate to a homeless shelter or pack a gently used backpack with extra stationery, crayons, markers to give to a shelter.
- Make a birthday box for a child with items like a cake mix, a birthday card, party hats, poppers, candles, and deliver it to the fire state or local food shelter so someone can celebrate.
- Volunteer at any kind of shelter or food bank in your community.

\_\_\_\_\_ **Helping people who are sick or the elderly.**

- Create cards for kids in a local children's hospital.
- Encourage your family to exercise together or to eat healthier.
- Visit and play games with residents at a local nursing home or veterans home.
- Shovel snow, weed, rake leaves, or help with other chores for an elderly neighbor.

\_\_\_\_\_ **Helping other kids at school.**

- Ask a classmate sitting alone to play or eat with you. Write a kind note and hide it in someone's lunch or slip it into their locker.
- Help coach a young child in your favorite sport.
- Read a book to your brother or sister or anyone younger, or offer to help someone who is struggling with homework.

\_\_\_\_\_ **Helping spread kindness in the community.**

- Take treats like cookies and say thank you to the doorman, crossing guard, postman, firefighters, policeman, principal or whoever else deserves thanks or a happy greeting.
- Start a Pay It Forward tweet. Tweet something kind and suggest others pass it on.
- Write kind thoughts on the sidewalk, street or playground (ask an adult!) with sidewalk chalk.
- Set up a stand to sell lemonade or homemade cookies and give the proceeds to a charity.



## STEP 3: CHOOSE WHEN TO ACT

It's important to have a date to work toward, and participating in a national or global event can be a great way to connect with others who care about the same things you do. Some ideas are:

- [World Day of Bullying Prevention](#): October 1
- [Mix it Up at Lunch Day](#): October 23
- [Unity Day](#): October 24
- [Trick or Treat for UNICEF](#): October 31
- [World Kindness Day](#): November 13
- [Hunger & Homelessness Week](#): Nov. 10-18
- [Family Volunteer Day](#): November 17
- [World Children's Day](#): November 20
- Thanksgiving: November 22
- [International Volunteer Day](#): December 5
- Holidays: December
- [MLK Day of Service](#): January 21

There are dozens of other days throughout the year dedicated to taking action to address a wide variety of issues. [Choose one and plan a service project on or around that day.](#)

## STEP 4: USE OUR FREE RESOURCES TO PLAN

These free downloadable resources and video trainings will guide you as you take your project from idea to action through the project planning steps of investigation, preparation & planning, action, reflection, and demonstration/celebration. You can have them do this individually, in small groups, or watch as an entire class.

[Youth Changing the World Toolkit \(for ages 13-25\)](#) | [Youth Changing the World Training](#)

[Kids in Action Guide \(for ages 5-12\)](#) | [Kids in Action Training](#)

[Semester of Service Toolkit \(for educators\)](#) | [Semester of Service Training](#)

[Classrooms with a Cause Facilitator Guide](#) | [Classrooms with a Cause Student Guide](#)

## STEP 5: SHARE YOUR PLANS AND IMPACT

Register your project at [www.LeadASAP.YSA.org/KindnessRising](http://www.LeadASAP.YSA.org/KindnessRising)

Support your students as they organize their service project. Post about the project on Facebook, Twitter, or Instagram tagging @YouthService and using #BeFearlessBeKind.

After the project is completed, log back in to the website and share the story of your project. Take time to celebrate and recognize your students for being fearless and kind!