



Do It For Dolly Day

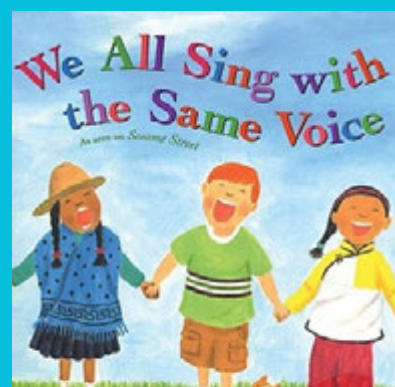
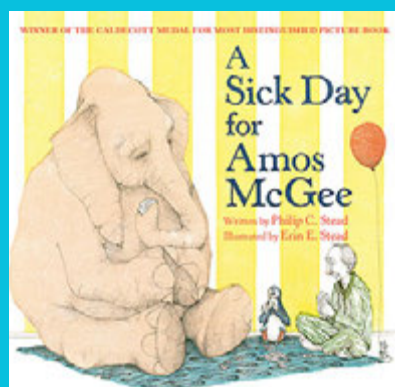
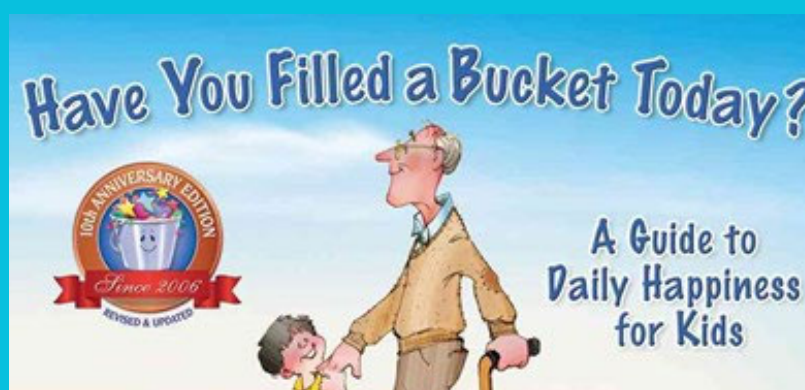
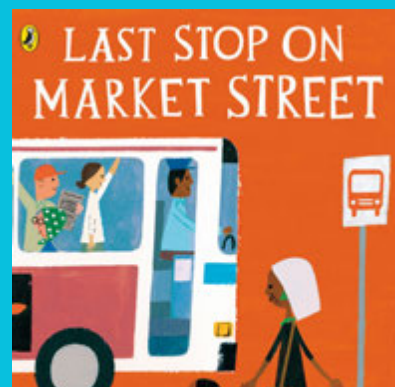
Senior Primary Activity Ideas



Activity #1 A kindness storytime and discussion

Read a picture storybook about kindness with your buddy class or a junior classroom from the suggestions below followed by a discussion on the impact of looking out for one another:

- Be Kind by Pat Zietlow Miller, illustrated by Jen Hill
- Have You Filled a Bucket Today? by Carol McCloud, illustrated by David Messing
- A Sick Day for Amos McGee by Philip C. Stead, illustrated by Erin E. Stead
- Last Stop on Market Street by Matt de la Peña, illustrated by Christian Robinson
- We all Sing with the Same Voice by J. Philip Miller, illustrated by Paul Meisel





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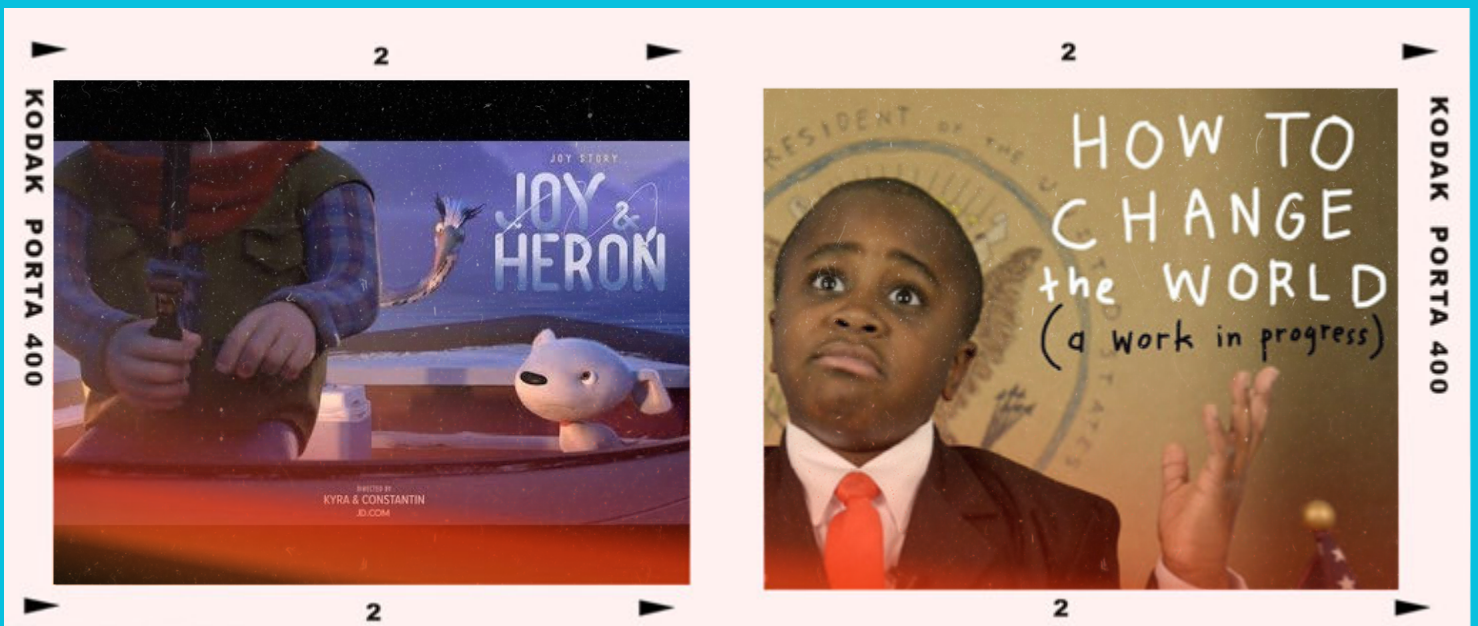
Activity #2 A kindness video and discussion

As a class or family watch the following two YouTube clips:

- [Joy and Heron](#)
- [Kid President's Kindness](#)

Ask:

- What is kindness and how did we see it play out in this video?
- What was the impact of kindness on both of the main character's lives?
- Can we always see the ripple effect of our kindness to others and should that be what motivates us to do kind acts?





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Activity #3 Whole group brainstorm ... 'What is Kindness?'

Pose the open-ended question – “Tell me something kind that you’ve done lately, big or small” and write the responses. Extend the conversation with a focus on the impact on the two individuals involved. Some suggestions to prompt the conversation:

- Sitting beside a classmate you don't know very well
- Taking out the rubbish
- Caring for a friend who is sad
- Helping with the dishes after dinner
- Reading to your brother or sister
- Offering to help someone with their homework





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Activity #4

Make your own meaningful month kindness calendar



KINDNESS CALENDAR: DECEMBER 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Share the Kindness Calendar with others and spread kindness	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Give kind comments to as many people as possible today	5 Make a gift for someone who is homeless or feeling lonely	6 Support a charity, cause or campaign you really care about
7 Leave a positive message for someone else to find	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Be generous. Feed someone with food, love or kindness today	12 Buy an extra item and donate it to a local food bank	13 See how many different people you can smile at today
14 Share a happy memory or inspiring thought with a loved one	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Practice gratitude. List the kind things others have done for you	18 Give away something that you have been holding on to	19 Buy locally and support independent shops near you	20 Contact someone who may be alone or feeling isolated
21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat
28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2021	Let's look beyond our differences and help each other. Every act of kindness matters 		

ACTION FOR HAPPINESS

#DoGoodDecember

Learn more about this month's theme at www.actionforhappiness.org/do-good-december

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

Children can draw a month calendar outline or alternatively an online template can be printed. Children can individually write in something they can do each day to show an act of kindness.



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Senior Primary Activity Ideas

Activity #5: Make your own family kindness jar

This is such a simple activity that takes minimal supplies. All you need is three things and your family members! Supplies you need: jar, pens and paper!

Directions

1. Gather your supplies and your family.
2. Take turns coming up with random acts of kindness that you would like to complete as a family and write them down on your pieces of paper.
3. Put all your papers in the jar and decide how often you are going to complete the acts of kindness. Weekly, fortnightly, monthly?
4. Take turns taking an act of kindness out of the jar and complete them as a family.

