



Do It For Dolly Day



Senior Secondary Activity Ideas

Activity #1 'What is Kindness?'

As a class or family watch the following YouTube clip:
[Kid President's Pep Talk For the World.](#)



- Ask the class:
1. What is kindness?
 2. How does it currently play out in your life?
 3. How would you like it to play out in the world?

Activity #2

The empathy formula and how we can use it ... for people might be fighting a battle you know nothing about.

Using a past or present example, apply the EMPATHY formula and write down how it might have changed how you responded or the outcome.

How might the world change if we responded with more kindness and empathy?

Draw or write your individual response.

E = eye contact
M = movement
P = posture
A = affect or expressed emotions
T = tone of voice
H = hearing the whole person without judgement
Y = your response





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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



www.actionforhappiness.org

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