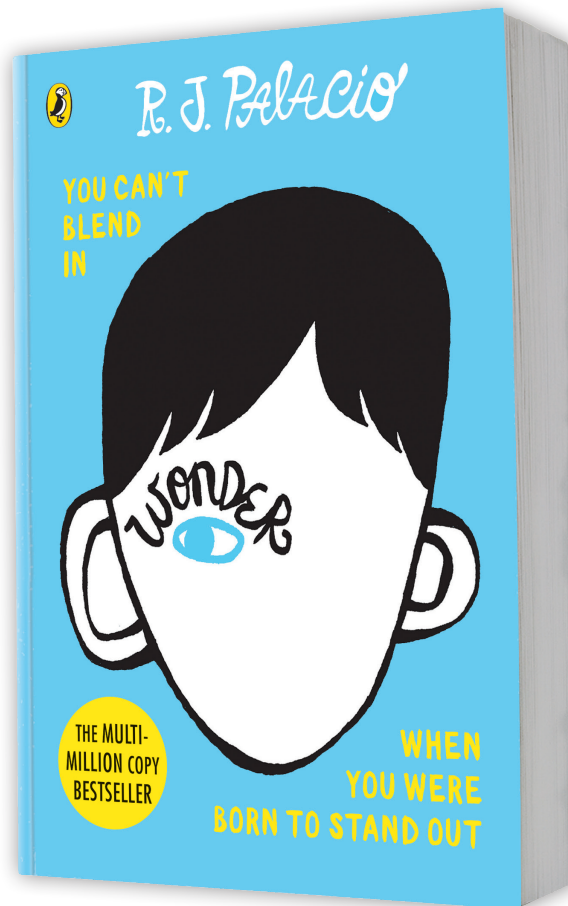


#ChooseKind In the Classroom



Wonder Back to School Teaching Resources



for ages 8+

Activity 4 Kindness Diary

Explores themes of:

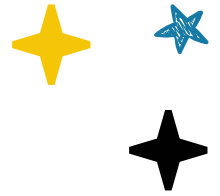
Kindness, Community, Friendship, Wellbeing, Emotional Literacy

Subject checklist:

Literacy, PSHE, Citizenship, Art, Design & Technology

Activity 4:

Kindness Diary



"When given the choice between being right or being kind, choose kind."

— Dr. Wayne W. Dyer (Mr. Browne's Precepts p. 311)

- Thinking about everything that you have learned from reading *Wonder*, how will you "choose kind" from now on?
- Who in your class has impressed you with their random acts of kindness? Who won the Kindness Bingo Challenge? Create a classroom award ceremony in which you congratulate those who have been especially generous and kind recently.
- How can you ensure that you continue to show kindness to those around you? What can you do to pledge that you will always "choose kind"? Use the diary template below to record your week. Try to carry out a least one act of kindness every day. When you have finished, reflect on your week and how your acts of kindness made you feel.
- Keep this diary for as long as possible, seeing how you improve through time, and whether your acts of kindness gradually have a bigger and bigger impact not just on those around you, but on your own personal wellbeing.

Activity 4:

Kindness Diary



Try to choose kind at least once every day, every week.
Keep a record of your acts of kindness.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

