

Activity: Kindness Cards (20 Minutes)

During this activity, girls will create their own Kindness Cards to give to people at school. They can make a Kindness Card to give to a teacher, a friend or classmate, someone who works on the staff, etc. In the next week, girls should give their kindness cards to this person. This is a service week activity for SWSG.

- Girls can sit in small groups or sit individually to complete this activity.
- During the Discussion Question period after reading the biography, mentors should write down ideas of acts of kindness that the girls generated. The list of ideas should be posted where girls can see them, in case they would like to consult the list as they create their own cards. Help girls brainstorm ideas in a smaller groups.
- Give each girl a 4 x 6 blank card.
- On one side of the card, tell them to write an act of kindness that they can do for others (e.g., say something nice to someone, help with homework, help to clean up, etc.).
- On the other side of the card, let them draw/decorate to show an example of how this act can be accomplished (picture of giving a hug, cleaning up at home, helping a friend, etc.).
- If girls complete their Kindness Card early, they can create another card. (However, make sure there are enough cards left to do this. If not, mentors can give the girls extra paper to cut out another card.)
- At the end of the activity, have girls share in small groups (or as part of the entire SWSG group) what they included on their cards.
- Give girls the goal of finding someone at their school that week to whom they can give their kindness card.
- Give each group a Kindness Card Handout (from the end of this lesson), so they can see what the original Kindness Cards look like (don't share this until the end, so that girls don't feel like they need to make their card match the example).

The Caileigh Lynn McDowell Foundation Kindness Movement

