



Recipeace Cards

A Project of the Jeffco Student Health Advisory Council

Kindness Cards

An activity to promote ongoing kindness in the school and community.

Time
Ongoing

Group Size
School wide

Materials
Kindness cards

INSTRUCTIONS

1. Using a Kindness card recognize a 10 to 20 students for acts of kindness. Give the target person a card which has "Radom Act of Kindness" written on it
2. Carry the card with you and when it seems to be an appropriate time, do a random act of kindness for someone, giving them the card when you do the act of kindness.
3. The cards will be passed on as the next person does another act of kindness.
4. You can modify this activity by using your school's PBIS or other systems for rewarding Positive Behavior

DISCUSSION QUESTIONS

How did the acts make you feel?