Activity; Kindness Challenge – "Three Acts of Kindness"

Materials: Paper or digital journal for reflection. Optional: kindness cards or prompts

Description:
Students are invited to perform three acts of kindness during the day or week. These acts can be small and simple, such as:
- Complementing a classmate
- Helping someone with schoolwork
- Writing a thank-you note to a teacher or peer

After completing the acts, students reflect on:
- How did it feel to do something kind?
- How do you think the other person felt?
- Did this change the atmosphere in the classroom?

You can make it a group challenge by creating a "Kindness Wall" where students post their acts anonymously.

Why:
Research in Positive Psychology shows that practicing kindness:
- Boosts happiness and life satisfaction
- Reduces stress and anxiety
- Strengthens social bonds and trust
- Promotes empathy and prosocial behavior

Acts of kindness activate positive emotions and create upward spirals of wellbeing (Lyubomirsky, 2005).

Learn more: Sonja Lyubomirsky's work on The How of Happiness and Positive Psychology research on kindness interventions

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