



Kindness Checklist

 45min

Grade 0-2

Grade 3-6

ACTIVITY TYPE:

MINDFULNESS

ACTIVITY OVERVIEW:

Children will engage in various conversations and activities which demonstrate kindness, care and respect for others.

ACTIVITY OBJECTIVES:

1. Children will utilize their emotional intelligence & empathy.
2. The importance of respecting boundaries.
3. Understanding differing roles, perspectives and responsibilities

ACTIVITY INSTRUCTIONS

Grab your checklist (or use the template to create your own) and start ticking off your acts of kindness.

Introduce more kindness into your day. Be kind and keep smiling.

My Time Our Place Outcomes

- Children have a strong sense of identity.
- Children are connected with and contribute to their world.
- Children have a strong sense of wellbeing.
- Children are confident and involved learners.
- Children are effective communicators.

Whole of Child Capabilities:

ACTIVE GLOBAL CITIZEN:

- Adaptability, Collaboration & Connection
- Intercultural Understanding (Tolerance)
- Ethical Understanding
- Sustainability



CREATIVE THINKERS

- Critical Thinking
- Curiosity, Inquiry & Analysis
- Problem Solving
- Communication



EMOTIONALLY SAVVY

- Self-Awareness, Management, Direction, Confidence & Reflection
- Social Skills, Awareness, Management & Reflection
- Empathy
- Motivation



HAPPY, HEALTHY INDIVIDUALS

- Healthy Eating
- Mindfulness
- Physical Activity
- Wellbeing



National Quality Framework

- Quality Area 1 – Educational program and practice

This activity has been brought to you by Educator Sarah

Kindness Checklist

MY KINDNESS CHECKLIST	CHECK
Give someone a compliment	
Say please and thank you	
Feed or play with a pet	
Help with the bins/ clean rubbish	
Challenge someone to see who can pack away 10 toys the quickest	
Make a kind card, letter or note for a family member or friend	
Make your bed	
Help with washing or putting away clothes	
Make someone laugh – tell a nice joke or even perform a short skit	
Ask someone how they are feeling today and listen politely	
Ask someone if they need help with something today	
Draw a picture or make a collage of you and a family member as a gift	
Wash the dishes after a meal	
Breathe, stretch and think a happy thought	
Write down something that makes you happy	
Tell someone that you love them	
Share your smile	
Pick up a piece of rubbish/ litter and throw it in the bin	
Learn to say “thank you” in a new language	
Give yourself a compliment (you don’t have to say it out loud) but it is always important to be kind to yourself too	

