



# KINDNESS IS MY SUPERPOWER

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YouTube link to *Kindness is My Superpower*:

[https://www.youtube.com/watch?v=6P-Y\\_M9q7RM](https://www.youtube.com/watch?v=6P-Y_M9q7RM)

## Suggested activity:

Create a classroom Kindness Wall – either on a white board or large piece of chart paper.

Have students write down every time someone does something kind for them or they see someone doing something kind for someone else. See Simple Acts of Kindness Ideas at the end of the video. Examples: Leave someone a kind note, opening the door for them, complimenting them, helping them with a question or task etc. Leave the Kindness Wall up for a few weeks, months or the whole year.

Suggested adapted activity from "Empathy is my Superpower". Written by Cori Bussolari, Illustrated by Zach Grzeszkowiak 2020

## Discussion questions:

- a) What does it feel like to do something kind for someone?
- b) How does it feel when someone tells you they that they noticed you did something nice?
- c) Why do you think we should do kind things for others?
- d) Do you think that people feel good after doing something kind, even if no one knows they did it?

