



Random Acts of Kindness: A Social Experiment

Description: After reading our bi-weekly article we learned that “James Fowler, a professor at UC San Diego, his studies have found that recipients of kindness want to keep paying it forward and a single act of kindness inspires more acts of generosity. There is a good chance the recipient of that small act of kindness will be inspired to do a kind act for someone else, and on and on.” Being kind to others has a ripple effect. After reading the article we will watch [Ripple Effect of Kindness Video](#). In small groups students will discuss what impact each act of kindness had on the characters in the video.

Purpose: To determine what impact the rippling effect of kindness will have on our school environment. Through the lens of our unit 1 theme: “Extraordinary in the Ordinary”, students will analyze how small ordinary acts of kindness have extraordinary effects.

Objective: Students will analyze the development and interactions of different story elements through real life examples (RI 7.3). Students will always analyze the development of our theme over the course of the experiment (RI 7.2).







Directions: Over the next several weeks our class will be participating in a social experiment. You will be given *Kindness Cards*, a *Kindness Tracker*, and *Anonymous Compliment Cards*. Our goal is to spread as much sincere kindness as we can and analyze the effect it has on our team, grade level, and school. We will analyze how the changes develop over time, similarly to the way elements of a story interact and impact each other, we are going to determine the ways that kindness interacts and impacts different elements of our school day. You will document your observations through weekly FLIP GRID reflections.

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<u>Date:</u>	<u>Description of the random act of kindness performed:</u>	<u>Did this RAOK have a noted impact?</u>

Random Act of Kindness Task Cards

Directions: Cut out the below cards. As you see RAOK (random acts of kindness) performed use the cards to acknowledge and thank the benefactor.

<p>Random Act of Kindness Card</p> <p> bee kind</p> <p>You were witnessed being generous to another student. Thank you for spreading kindness.</p>	<p>Random Act of Kindness Card</p> <p> bee kind</p> <p>You were witnessed being friendly to another student. Thank you for spreading kindness.</p>	<p>Random Act of Kindness Card</p> <p> bee kind</p> <p>You were witnessed being gracious to another student. Thank you for spreading kindness.</p>
<p>Random Act of Kindness Card</p> <p> bee kind</p> <p>You were witnessed being supportive to another student. Thank you for spreading kindness.</p>	<p>Random Act of Kindness Card</p> <p> bee kind</p> <p>You were witnessed being polite. Thank you for spreading kindness.</p>	<p>Random Act of Kindness Card</p> <p> bee kind</p> <p>You were witnessed being respectful to another student. Thank you for spreading kindness.</p>

Random Acts of Kindness Compliments

Cut out the below compliment cards, write a **sincere** compliment, and give them to a student at Daniels Middle School.

<p>Random Acts of Kindness Compliment Cards</p> <div> bee kind</div> <div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<p>Random Acts of Kindness Compliment Cards</p> <div> bee kind</div> <div><div></div><div></div><div></div><div></div><div></div><div></div></div>	<p>Random Acts of Kindness Compliment Cards</p> <div> bee kind</div> <div><div></div><div></div><div></div><div></div><div></div><div></div></div>
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Pre Reflection

Write a brief reflection on our current school environment. Describe the setting (physical as well as emotional), the behaviors of the individuals you interact with, and the overall tone of the school. Explain in detail.

[illegible]

Post Reflection

Describe what you noticed throughout the duration of the RAOK Project. Did the attitude of students change? Was there a shift in the overall environment of the school? How did students react when they were the recipient of a ROAK? Explain in detail.

[illegible]

