Acts of Kindness
A supportive resource from the Hawai'i Association of School Psychologists (HASP)

Kindness is a gift freely given, and it has proven benefits! Being kind to others, self-kindness, and even witnessing acts of kindness all affect our happiness. Kindness helps us relax, increases our energy levels, and improves our overall well-being. Best of all, it's contagious! Spread kindness this week.

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MONDAY
A simple act of kindness can make a world of difference! Kindness has a ripple effect. It starts as a single act, and then spreads outward. Kindness benefits not only the recipients, but also the givers. Engaging in acts of kindness on a regular basis leads to improved mental health and increased happiness.

Activity: Complete a kindness ripple effect activity to show your keiki how a single act of kindness can have a large impact! Watch one of the videos in the Resources section that demonstrates how kindness is contagious, then help your keiki start their own ripple!

TUESDAY
Witnessing acts of kindness can foster positive emotions. Noticing the good around us can be especially beneficial in times like these.

Activity: Read or watch a video about some of the acts of kindness in the articles linked in the Resources section. Focus on how these acts make you feel!

WEDNESDAY
People around the world are showing their appreciation of healthcare workers and those on the front lines.

Activity: Get creative today! Make a poster or video thanking those who are risking their health to keep us safe. Share it with others and spread kindness.

THURSDAY
Kindness bingo is a great way to help keiki explore the many ways they can engage in acts of kindness.

Activity: Today, spark your keiki’s kindness imagination by playing a round of kindness bingo. Try playing virtually with to connect with family and friends.

Encourage players to add their own acts of kindness to the board!
FRIDAY

Kindness starts with being kind to yourself! Self-compassion can be as simple as being kind to yourself when you misstep, getting enough rest, or taking time to breath and refocus. When we direct kindness toward ourselves, we boost our mood and improve our mental health. Self-compassion can be hard, remember to be gentle with yourself!

Activity: Practice self-compassion today! Give yourself a compliment, forgive a mistake, go for a walk, or dance to your favorite song. Self-compassion is essential for all of us to learn, kids included. Model self-compassion and help your keiki show kindness to themselves today!

WEEKEND FAMILY ACTIVITIES

Have an honest talk about kindness and your strengths and limitations when demonstrating kindness toward self and others.

Read together as a family.

Play family games. Encourage creativity and imagination by putting together art activities.

Cook together.

Take a nature walk around the neighborhood.

Visit the Kids for Peace site in the Resources section and complete some of the suggested family activities.

Limit exposure to the news and other possible sources of negative influence.

Have open and honest discussions. Answer any questions keiki may have while encouraging their sense of safety and security.

Allow alone time, if possible, and facilitate opportunities for self-reflection.

KINDNESS RESOURCES

The Science of Kindness: https://youtu.be/O9URyLyOjBM
https://www.randomactsofkindness.org/for-educators
Ripple Effect of Kindness: https://www.huffpost.com/entry/corpsa-inspirational-video_n_4591197
https://www.counselorkeri.com/2017/12/04/kindness-demonstration/
https://www.youtube.com/watch?v=4-Hd6u3Nbls
Kids for Peace Activities for Kids and Families: https://kidsforpeaceglobal.org/COVID-19/
Self-Compassion: https://www.mindfulschools.org/inspiration/empower-students-with-self-compassion/