

Kind Kids Club



Teaching
children
EMPATHY
through
random acts
of kindness!



Kind Kids Club

What is that?



The Kind Kids Club is a group of kids who want to make our community better by helping others through Random Acts of Kindness.

What is a "Random Act of Kindness"?

A Random Act of Kindness is any action that a person takes to help another person or to make them feel good. It could be as small as a smile while passing in the hall or as big as a gift you spent much time creating.

How can I help?

You can join the Kind Kids Club! The first step is to fill out the application. Next, if you are selected, your missions will begin!





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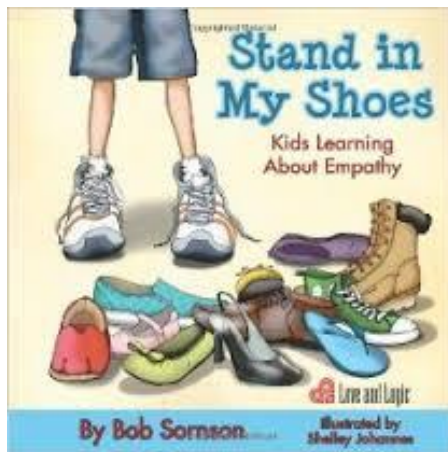
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Ripple Effect Experiment

Begin by reading *Stand in My Shoes: Kids learning about empathy*, by Bob Sornson. It's the perfect book to kick off the project. It is about a little girl learning all about empathy and how to notice and react to how people are feeling. Amazing book! I highly recommend it!



After that, introduce the “ripple effect”. This is the idea that kind acts move from person and person. In this way, one kind act can actually touch many, many people. This can be a tough concept to explain, so I used the students as props to act it out in a line on the carpet. We talked about how one student was having a tough day, but when I greeted her, hugged her, and noticed her feelings, it made her feel better. Then we acted out scenarios to go down the line. One example was that a child dropped his lunch in the cafeteria. It could have ruined his entire day, but the student that I cheered up decided to help him pick up his lunch. We continued making up scenarios down the line of students. In this way, they were able to see the “ripple” going down the line!

Next, pose a question to the class. Are you all too small to make a difference? How could a small child possibly make a difference in this big world?

Explain that you will be using a science experiment to test this question. Take a wide container and fill it with water. Tell them that you will be dropping objects into the water to see if it creates a ripple. They should follow along and fill in their lab sheets as you drop things in. The objects will gradually get smaller. Ask them to predict if each object will cause a ripple or if it's too small. By the end, this experiment will show them how anyone - no matter how small - can make a ripple. They will be amazed that the tiny sprinkle really does make a ripple!

A few tips:

1. Make sure the contain is wide so that there is room for the ripples to move.
2. Be sure to throw the sprinkles with a little oomph so that the students can see the ripples. If not, they will be tiny and hard to see.



Can I really make a difference?

I know you're thinking, "I'm just a kid! How can I actually make a difference in this big world?" They say that even the smallest act of kindness has a ripple effect. Let's test that theory!

Ripple Effect Experiment

What items made a ripple when dropped into the bucket of water?

1. marble	YES	NO
2. paper clip	YES	NO
3. bead	YES	NO
4. sprinkle	YES	NO

Was anything too small to make a ripple?
What did you learn?

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CREDITS



...kevin {&} amanda...

