

Random Acts of Kindness Instant Meeting – All Branches

March 2016 Saskatchewan Program Committee Instant Meeting

All levels of Guiding are asked to participate in service projects through the year. Here is a way to incorporate learning about being caring, grateful and helpful into your weekly meetings. Most of these activities are adapted from the Random Acts of Kindness Foundation resources found at randomactsofkindness.org.

Program Connections:

Service Projects – May fit into other program areas depending on projects chosen

Meeting Plan

60 – 90 minute meeting. Approximate activity times shown. Be flexible!

20 min: Gathering Activity

15 min: Opening and Discussion

20 - 50 min: One or two Caring, Gratitude and/or Helpfulness activities

5 min: Closing

Meeting Supplies

- Depends on Activity – listed with each activity

Gathering Activity

As the girls arrive, have them draw a picture, write about or discuss one of the following.

Supplies: Paper and writing utensils

Sparks:

Draw or write about a time when you felt happy for someone else.

How can you show a friend that you care?

Draw or write about a time when you thanked someone for helping you.

Do you think it is easy or hard to thank people? Why?

Draw or write about a time when you helped someone.

What are some ways that you can help others?

Brownies:

Describe a time when you showed someone that you cared about them.

What do you think it means to care for or be kind to another person?

Describe a time when someone was grateful to you and how you felt.

Is it easier to be grateful to people you know? Why or why not?

Write about a time when you helped someone you didn't know.

When you help others, do you think it is important to get something in return?

Guides/Pathfinders:

Describe a time when you showed sympathy to someone else.

Do you feel and show concern for everyone in the same way? Why or why not?

Describe a time when you felt grateful to another person and why.

Some people say gratitude is an attitude. What do you think this means? Do you agree?

Describe when you helped someone in need and how you felt.

Do you think helping others through volunteering or a service project is important? Why or why not?

Opening

Use your opening to get the girls into a circle or horseshow. Once there, have the girls share their discussion from the opening. Discuss how it is important to be caring, helpful and grateful.

Activities – Activities are geared towards the levels listed, but many of them could be for any age group, and would be great for bridging events.

Sparks

Caring: Caring Book

Objective: Girls will be able to identify ways to show caring to someone in their lives and create a book that shows caring.

Inspire: Discuss ways to show caring to siblings, parents, friends, grandparents etc.

Empower: Girls will create a caring book for one person. Each girl will pick one person who their booklet is about. In this booklet, they will draw or write things such as what the person likes to do, a favourite food, song, etc. Have them draw or write about how they can care about the person they love by paying attention to the things they like.

Supplies: Cardstock and blank paper for booklets, markers, maybe stickers or magazines to decorate books with, stapler to finish booklets, glue for decorating with magazines

Act: After the meeting, have the girls give the booklet they made to the person they care about.

Share: At the next meeting, have the girls discuss what it was like to give the booklet to the person.

Gratitude: Gratitude Card Day

Objective: Girls will be able to discover what it means to be grateful and express their gratitude to someone else through a card.

Inspire: Ask the girls what it means to be grateful.

Empower: Ask the girls to think about who they are grateful for and why they are grateful for that person. It can be a friend, a classmate, someone in their family, or another person.

Act: Have the girls create a card for the person they are grateful or thankful for. They can write and/or draw why they are thankful for that person and decorate the card.

Supplies: Paper, markers or crayons, and whatever you want to use to decorate the cards. Can be a good way to use up craft supplies!

Share: At the next meeting, have the girls discuss what it was like to show gratitude.

Helpfulness: Helping Others

Objective: Girls will be able to identify ways they can be helpful at home or school and practice those ways.

Inspire: Ask girls to think about ways they can be helpful at home, at school or in their community. This might include setting the table, helping a brother or sister get ready for school, helping a new classmate feel comfortable at school, taking turns choosing a game at recess, picking up garbage in the school yard or park, visit a local senior home, homeless shelter, animal shelter etc.

Empower: Have the girls commit to being helpful during the week.

Act and Share: At the next meeting, have the girls share what they did and what it was like.

Kindness Tree

Create a big tree. Have the girls write or draw on leaves ways they are caring, helpful and/or grateful and add the leaves to the tree. Discuss the leaves as they are added to the tree. This could also be done as a smaller individual craft for each girl.

Supplies: material to make tree, paper for leaves, tape to attach leaves

Brownies

Caring: Baskets of Caring (this activity would need to be done over a few meetings)

Objective: Girls will be able to show caring for people who need help (like the homeless or elderly in need) by creating baskets of food or goods to deliver.

Inspire: Ask what it means to be caring to others. Then have the girls discuss practical ways they can show caring to people in the community who may not have money or food, asking them to identify groups of people who may be in need. (Possible ideas are creating baskets of food or supplies, such as toothpaste, toothbrush, gloves, hats, etc for the homeless, baskets with letters that show caring, baskets with pet supplies for SPCA.)

Empower: Have the girls discuss the different projects and then take a vote on what project they want to do. After the vote, determine the scope of the project.

Act: Have the girls gather the materials for the baskets, perhaps through donations from the community or local merchants. Please note that we cannot ask for monetary donations.

Share: Once they are done, have the girls deliver the baskets.

Caring: Caring Songs

Objective: Girls will be able to think about what caring means by writing and singing caring songs.

Inspire: Discuss with the girls what caring means to them.

Empower: In small groups, have the girls write their own lyrics to a song about caring (perhaps using well-known tunes like Twinkle, Twinkle, Frere Jacques, or If You're Happy and You Know it, or any other songs).

Act: Have the girls perform their songs for each other.

Share: Have the girls reflect on what they have learned.

Gratitude: Parent Appreciation Day

Objective: Girls will be able to discover what it means to show gratitude toward their parents through an appreciation day.

Inspire: Ask the girls to think about all the things their parents do for them.

Empower: Discuss practical ways they can show gratitude to their parents (such as making cards, planning a special meal or event, cleaning up around the house).

Act: Have the girls decide on a project that shows gratitude and have them plan the project. This may take a few meetings depending on what they choose.

Share: Have the girls discuss what it was like to show gratitude to their parents and how they can continue to show gratitude in their lives.

Helpfulness: Reaching Out to Those in Need

Objective: Girls will be able to think about what it means to be helpful to others by reaching out to those in need.

Inspire: Ask the girls to discuss what it means to be helpful and why it is important.

Empower: Ask the girls to create a list of situations where people might need help (a younger student is being bothered at recess, an older person needs help getting groceries out of their car, a classmate is struggling in math, etc).

Act: Have the girls decide what they are going to do to be helpful and commit to doing that within a certain time frame.

Share: Ask the girls how they felt after being helpful either in a group discussion or in a journal. Have them commit to being helpful to someone on a regular basis.

Helpfulness: Smile File

Objective: Girls will be able to examine what it means to be helpful to others by creating or finding pictures or quotes that cheer up their friends.

Inspire: Ask the girls to discuss a time when they felt sad or upset and how someone made them feel better.

Empower: Ask the girls to give examples of what they could say to someone who they know is feeling sad.

Act: Have the girls create a 'smile file' by writing or drawing pictures of things that might make someone feel better if they are sad or upset. It could be in an envelope, a folder or a booklet.

Supplies: envelopes, folders or paper for booklets, paper and markers/crayons

Share: Encourage the girls to share their pictures and/or words with a friend as needed.

Helpfulness: Let Me Help You Game and Project

Objective: Girls will be able to evaluate what it means to be helpful through a game and service project.

Inspire: Ask the girls to talk about what it feels like to help someone or when someone has helped them.

Empower: Create an obstacle course that isn't too difficult, or the girls can help design a course. Pair off into partners. One partner wears a blindfold; the other is the helper. Start by having the

blindfolded players try to navigate the obstacle course without help. They may refuse, or they may try and laugh, trip or fall. Next have the helpers guide the blindfolded players through the course. Switch places so all the girls have the chance to experience how good it feels to give and receive help. After the game, discuss what it was like to give and receive help.

Act and Share: Then have the girls discuss how they can help people at school or in their community who are in need and commit to specific actions in the upcoming week. Ideas might include doing the dishes, helping a younger sibling with homework, cleaning their room without being asked, etc.

Helpfulness: Secret Service Helpers

Objective: Girls will be able to discover what it means to be helpful through a service project in their school or community as ‘Secret Service’ Helpers.

Inspire: Ask girls to think about ways they can help people at school or in the community without the other person knowing.

Empower: Ask the girls to think about what it would feel like to help someone without them knowing. Have them discuss in small groups whether it matters if no one knows they are helping. Then explain for the next week (or month or whatever time frame you choose) they will become ‘Secret Service’ Helpers, which means they will help people without them knowing, doing some of the ideas they came up with.

Act: Have the girls act as ‘Secret Service’ helpers. They may want to make badges that say ‘Secret Service’ on them and wear sunglasses or simple disguises for fun while serving on the ‘Secret Service’ team.

Share: Have the girls share their experiences. What did it feel like to help someone without that other person knowing? Did the person find out? Did that matter?

Kindness Check Lists

Objective: Girls will be able to examine what it means to be kind through showing kindness to others.

Inspire: Ask girls for examples of how to be kind.

Empower: Have the girls create an individual checklist of at least five ways they will be kind during the week. Activities could include: helping neighbors weed their lawns, picking up litter, smiling and saying thank you to the bus driver, etc.

Supplies: Paper and writing utensils

Act: Have the girls share kindness in the five ways they wrote down on their checklist.

Share: Ask girls what it felt like to show kindness and what they learned from the experience.

Guides/Pathfinders

Caring: What Makes a True Friend?

Objective: Girls will be able to determine what it means to be a true friend and ways to show a friend that they care.

Inspire: Ask the girls to discuss in small groups or partners what qualities they think make a true friend and how they can show a friend they care. Come together as a group and ask for the girls to share what they discussed.

Empower: Have girls discuss what barriers there might be to developing true friendships, and how they could overcome those barriers, or ways they can strengthen their friendships.

Act: Encourage girls to reach out to at least one friend during the week and tell that person why they are special, or make a card or do something else that shows how they care for that person.

Share: Have the girls reflect on the experience of sharing kindness with a friend.

Gratitude: Being Grateful

Objective: Girls will be able to evaluate ways they show gratitude to friends and family.

Inspire: Ask what it means to be grateful (being thankful when someone has shown you kindness or caring; not taking anything for granted)

Empower: Have girls brainstorm ways they can show gratitude and thankfulness to a friend or family member.

Act: Encourage the girls to show their gratitude by making a kind card, a special give, or offering to help that person in some way to show gratitude.

Supplies: Craft supplies to make cards or gifts

Share: Have students reflect on what it was like to show gratitude to these people and how they can continue to show gratitude in their lives.

Closing

Use your regular Closing, reminding the girls to be caring, grateful and helpful during the week!