



Tracking Kindness

Tracking Kindness presents scenarios that encourage students to imagine how many people are impacted by one act of kindness. Because every interaction provides an opportunity to practice kindness, this activity extends the initial problem solving and decision making to help students understand that the effects of kindness stretch far beyond themselves.

Scenarios

1. Abraham is walking through the zoo with his family. He sees that someone has dropped their bag of popcorn on the ground, missing the trash can. He picks up the bag and tosses it into the trash can.
2. Ms. Hoffman's 4th-grade class decided that their yearly service project would be collecting pet supplies and food for their local animal shelter. Their principal found out about the project and had the entire school participate. The school collected six months worth of supplies for the shelter.
3. Miguel was eating lunch with his friends, Troy and Jordan, in the cafeteria. They noticed one of the kids in their class, Clark, was sitting by himself. Miguel went over to Clark and invited them to sit with his friends. After lunch they taught Clark how to play kickball with their team at recess.
4. Yesterday on a nationally televised talk show, Justin Park, a famous actor, talked about how he has been involved with building houses for people affected by a recent hurricane. He encouraged everyone to get involved in their communities to help others, too.
5. Tasha went with her mom to visit her grandma in the hospital. They brought her a card and some flowers. While there, Tasha saw that there were many people who were sick and didn't have visitors. When she got home, Tasha made cards to bring for them, too.
6. When Lucas was walking home from the bus stop, the zipper broke on his backpack and everything spilled out. One of the other kids who Lucas didn't know helped him put everything back in. Lucas went home and told his mom and sister about what happened.
7. Wyatt's mom just brought his new baby sister home from the hospital. His parents are very busy with the new baby. Wyatt really wanted to help out, so one morning he and his older brother, Tyler, made breakfast for the family so his parents didn't have to. His parents were really happy and gave them both a big hug!
8. Isabella and her sibling Desi help tend their community garden every Monday afternoon. The garden is open to everyone who wants to help grow vegetables or other plants, and for people to enjoy the fresh food. Isabella and Desi's neighbors started the garden five years ago when they noticed that some people in their community couldn't afford fresh produce.