

# Random Acts of Kindness

## Consigne à l'élève

There are many kind actions that can be taken every day. We call them “random acts of kindness.” Let’s find out more about them!

- Using the Bongo in the appendix, choose any line (diagonal, horizontal or vertical) of Random Acts of Kindness you would like to do this week.
- Read a few stories/blogs about kindness (see procedure below).
- Answer the following questions:
  - Do you have a favourite story? Which one and why?
  - Was there a funny story in the ones you read? Explain.
- When you have finished with your Random Acts of Kindness (see Bingo in the appendix), choose one and write a blog about it. Don't include any personal details or information.
- Optional: Post your text on [this website](#). Your story will be posted online after it has been reviewed by the owners of the website.

## Matériel requis

- Click [here](#), scroll down and click on Kindness stories to get inspired by other kind people.
- Click [here](#) to post your own kindness story on the website.

## Information aux parents

### À propos de l'activité

Votre enfant lira un blogue sur les gestes spontanés de gentillesse et s'en inspirera pour écrire son propre billet de blogue. Il choisira d'abord des actions sur la grille de bingo fournie en annexe, écrira ensuite un billet de blogue qui détaille l'une de ces actions, puis il pourra même le publier en ligne. (Notez qu'aucune information personnelle n'est demandée pour la publication du blogue.)

Source : Activité proposée par Lysiane Dallaire et Isabelle Giroux, respectivement enseignante-ressource et conseillère pédagogique à la Commission scolaire de la Rivière-du-Nord, Bonny-Ann Cameron, conseillère pédagogique à la Commission scolaire de la Capitale, et Dianne Elizabeth Stankiewicz, conseillère pédagogique à la Commission scolaire de la Beauce-Etchemin.

# Annexe – Random Acts of Kindness

## Random Acts of Kindness Bingo

(You could replace one or more by your own random act of kindness.)

Leave a kind note for delivery drivers.	Tell each of your family members one thing you love about them.	Make your parents breakfast, lunch or dinner, and name all the foods in English for them.	Colour pictures for people you love and mail them.
Do your chores without being asked and without complaining.	Write encouraging messages on your sidewalks using chalk. Here is a <a href="#">list</a> of kind quotes you can use.	Learn something new.	Make a handmade card.
Call a grand-parent, cousin, aunt or uncle.	Pick up one piece of trash that is on the street.	Place large signs with kind messages in your windows so people can be inspired as they drive or walk by.	Create a bookmark and place it in a book to be discovered.
When taking a walk, say hello to a person who is also taking a walk and wish them a good day.	Write down someone's best qualities and give them the list.	Make a <a href="#">kindness rock</a> .	Write <a href="#">kind quotes</a> on sticky notes and place them randomly in your neighbourhood.