

# KINDNESS QUEST: ALL AGES EDITION

## PURPOSE

Build classroom community through shared kindness experiences. This is a journey toward greater empathy and understanding, not a competitive game.

## HOW TO PLAY

1. Draw a card and read aloud to your group
2. Perform the kindness act within agreed timeframe
3. Share your experience in weekly kindness circles
4. Replace card and continue the journey

## CARD POINTS

- Points indicate time/effort level, not kindness value
- Use for friendly team challenges and recognition
- Every act matters equally regardless of points
- Points help balance team activities

## FACILITATOR ROLE

- Create safe, judgment-free sharing spaces
- Model vulnerability by sharing your own experiences
- Help students process challenges they face
- Celebrate all efforts equally, focus on growth
- Guide reflection with open-ended questions

## REFLECTION PRACTICES

**Individual:** After each act, write or draw about:

- What happened during the act?
- How did showing kindness feel?
- What was challenging?
- What would you do differently?

## GROUP QUESTIONS:

- "What surprised you about this act?"
- "How has kindness changed our classroom?"
- "What kindness did you notice from others?"
- "How can we make our school kinder?"

## CELEBRATION IDEAS

- Host "Kindness Story Sharing" events
- Create "Kindness Wall" with photos and stories
- Organize community service projects as rewards
- Plan "Kindness Parties" focused on appreciation
- Invite families to celebrate achievements

## IMPLEMENTATION

**Week 1:** Introduction and first kindness circle

**Weeks 2-4:** Individual acts with weekly sharing

**Week 5:** Community reflection and group projects

- Connect kindness acts to character development

## KINDNESS CIRCLES (Weekly)

- Form circles of 6-8 students
- Share completed acts without judgment
- Listen actively to others' experiences
- Ask: "How did this make you feel?" and "How did it affect the other person?"
- Celebrate challenges overcome and lessons learned

## TEAM ACTIVITIES & RECOGNITION

- Form kindness teams with positive names (Compassion Crew, Kindness Champions)
- Combine points for friendly challenges
- Monthly "Kindness Team Celebrations"
- Rotate membership to build broader connections

## RECOGNITION IDEAS:

- Certificates: "Kindness Champion," "Community Builder"
- Simple prizes: books, plants, appreciation notes
- Special privileges: leading next circle, choice of activity
- Public recognition: newsletter features, assembly mentions
- Experience rewards: extra free time, special lunch

**Ongoing:** Monthly celebrations and story sharing

## SUCCESS INDICATORS

- Students help each other naturally without prompts
- Increased empathy between classmates
- Self-initiated acts of kindness
- More supportive classroom environment
- Kindness becoming classroom culture
- Greater connection to company mission

**Remember:** Points are tools for engagement, not the ultimate goal. The real victory is building a compassionate community together!