

Kindness in Action

SOCIAL-EMOTIONAL LEARNING



Book Builder

Overview

Students record real acts of kindness they witness or perform over a week, each building a short book about what kindness actually looks like.

Steps for Teachers

1. Discuss the difference between being nice and being kind
2. Students carry a notebook for one week and record acts of kindness they see or do
3. At the end of the week, students choose the five that surprised them most
4. Students plan one page per act: what happened, who it helped and what it cost the giver
5. Students write each page without naming anyone who would not want to be named
6. Students illustrate each act with drawings, actors or photographs staged with permission
7. Print everyone's pages and pin them up as a class kindness wall, then read them aloud on the last day

Example

A student records a classmate who gave up his turn on the good swing without being asked, someone who sat with a new student at lunch, and her own decision to tell the truth about a broken ruler. Her page reads: 'It cost him ten minutes of swinging. He didn't tell anyone. I only saw it because I was waiting too.'

Grading Rubric

Criteria	Excellent	Proficient	Developing
Observation Quality	Acts recorded are real, specific and noticed rather than invented	Acts are plausible but generic	Acts appear invented or copied
Insight	The student identifies what the kindness cost and why it mattered	The student describes the act without weighing it	No reflection beyond retelling
Respect for Others	Nobody is named or shown without consent; no act is used to shame	Mostly respectful with one identifying detail too many	The book exposes or embarrasses someone
Book Craft	Text is easy to read, art supports every page, and the layout is consistent throughout	Pages are readable with some crowding or uneven placement	Text overlaps art or is hard to read; layout is inconsistent