

Kindness in Action

SOCIAL-EMOTIONAL LEARNING



Overview

Students create videos demonstrating acts of kindness and their positive ripple effects, promoting empathy and prosocial behavior.

Steps for Teachers

1. Discuss what kindness means and why it matters
2. Brainstorm different ways to show kindness (big and small)
3. Students select a kindness scenario or create an original one
4. Students write a script showing the act of kindness and its impact
5. Students show how kindness affects both the giver and receiver
6. Students record their kindness story
7. Create a kindness challenge based on video ideas

Example

A student shows the ripple effect of kindness. Scene 1: New student sits alone at lunch, looking sad. Character 1 invites them to sit together: 'Want to join us?' New student smiles. Scene 2: Later, new student sees someone drop their books and helps pick them up. Scene 3: That person holds the door for someone else. Narrator: 'One small act of kindness started a chain reaction. You never know how far your kindness will travel!'

Grading Rubric

Criteria	Excellent	Proficient	Developing
Kindness Authenticity	Shows genuine, realistic acts of kindness	Kindness examples are believable	Kindness seems forced or unrealistic
Impact Demonstration	Clearly shows positive effects on others	Shows some impact of kindness	Impact is unclear or not shown
Emotional Connection	Viewers feel inspired to be kind	Some emotional resonance	Fails to connect emotionally
Practical Ideas	Viewers can easily replicate the kindness shown	Some actionable kindness ideas	Ideas are too vague or impractical