

Kindness Grams

This project is a fun and simple way for your class to spread kindness to others that have helped them throughout the year.

Kindness Concept(s)

Courage, Kindness

Project Timeframe

25-30 minutes

Required Materials

- Kindness grams printed on cardstock or heavy paper
- art supplies
- envelopes

The first graders will give their reading buddies kindness-grams, highlighting one way their buddy has exhibited kindness towards them throughout the year. Note: If you do not have reading buddies, select another class that you have worked with this year instead or allow the students to each select a special teacher that they enjoyed.

Instructions:

Have each student fill out the writing portion of the kindness-gram. Brainstorm as a class some answers to the following sentence prompts:

I think you are awesome because....

I was impressed when you....

You make me feel good when you....

Allow ample time for students to complete the illustration portion on the back of the kindness-gram as well. If possible, offer unique art opportunities to showcase how special the activity is with oil pastels, scrapbooking, paint, etc. Help each student place their kindness-gram in an envelope and address it to their reading buddy. Ensure that the name is spelled correctly.

Deliver your kindness-grams! (See next page for printable kindness-grams.)



DESIGNATED BY CASEL
AS A RECOMMENDED
PROGRAM FOR SOCIAL
AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

KINDNESS GRAM

Dear _____ Your Friends Name

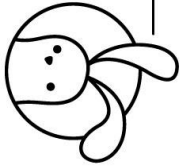
I think you are awesome because _____

I was impressed when you _____

You make me feel good when you _____

RANDOM ACTS OF KINDNESS
FOUNDATION

Your Name _____



KINDNESS GRAM

Dear _____ Your Friends Name

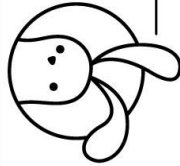
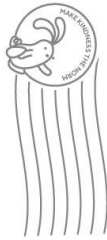
I think you are awesome because _____

I was impressed when you _____

You make me feel good when you _____

RANDOM ACTS OF KINDNESS
FOUNDATION

Your Name _____



KINDNESS GRAM

Dear _____ Your Friends Name

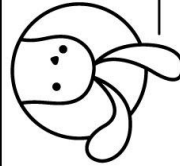
I think you are awesome because _____

I was impressed when you _____

You make me feel good when you _____

RANDOM ACTS OF KINDNESS
FOUNDATION

Your Name _____



KINDNESS GRAM

Dear _____ Your Friends Name

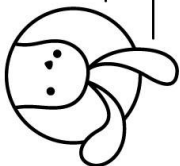
I think you are awesome because _____

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You make me feel good when you _____

RANDOM ACTS OF KINDNESS
FOUNDATION

Your Name _____



KINDNESS GRAM

Dear _____ Your Friends Name

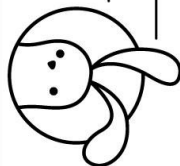
I think you are awesome because _____

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RANDOM ACTS OF KINDNESS
FOUNDATION

Your Name _____



KINDNESS GRAM

Dear _____ Your Friends Name

I think you are awesome because _____

I was impressed when you _____

You make me feel good when you _____

RANDOM ACTS OF KINDNESS
FOUNDATION

Your Name _____

