



# Kindness Journals

The Kindness Journal encourages students to reflect on their experiences with kindness in and outside of the classroom. Journaling helps students build empathy, recognize positive actions, and develop habits that create a culture of kindness in classrooms, schools, and beyond.

## Materials Needed:

- Kindness Journal (feel free to use a spiral notebook, composition book, or digital notebook)
- Pens/pencils (or devices if digital)
- Optional: projector/slides, blackboard, or whiteboard to display the prompt of the day/week

## Timing:

- Short Reflection (5 minutes): Use quick prompts for bell ringer activities, exit tickets, or weekly check-ins.
- Extended Reflection (10–15 minutes): Use deeper or action-based prompts during advisory, SEL periods, or after a kindness-focused activity.

## Teacher Instructions:

- 1 | Introduce the journal and assure students that it is a safe, non-graded space for self-reflection. Emphasize honesty over grammar or spelling.
- 2 | Read aloud or display the daily/weekly prompt for students.
- 3 | Allow quiet writing time and encourage students to respond with examples from their real lives.
- 4 | Invite volunteers to share reflections with the class or in small groups only if they are comfortable. Sharing should always be voluntary.
- 5 | End by highlighting how kindness connects to relationships, school culture, and personal well-being.
- 6 | Consider pairing these journal activities with the Kindness Scenario Cards.

# Welcome to Your Kindness Journal!

Kindness Journals are a way for you to reflect on how kindness shapes your day and your world. These journals are not graded, so don't worry if your grammar isn't accurate. You want to use your journal to write freely. **Your words matter. Your actions matter. Kindness matters!**

Take a few minutes to read the prompt, slow down, and reflect honestly.

When writing, keep in mind the following:

- Kindness can be big or small.
- Be honest and write in your own voice.
- There are no right or wrong answers.
- Focus on what you saw, felt, and learned.

## Daily/weekly prompts (short answer)

1

What is one act of kindness you saw today or this week?

2

What is one act of kindness you gave today or this week?

3

Who made your day better this week and how?

4

What is one thing you can do today or tomorrow to make someone feel valued?

5

What's one small kindness you received that meant a lot to you?

## Deeper reflection prompts (long answer)

1

Describe a time when showing kindness was hard for you. What did you choose to do and why? How did your actions make you feel afterward?

2

Has someone's kindness ever changed your mood or perspective for the day? What happened and how did it make you feel?

3

Think of a time you helped someone without expecting anything in return. What motivated you to do that and how did it make you feel?

4

Describe a moment when you missed an opportunity to be kind. If you could redo that situation, what would you do differently? Why would you do it differently now? What changed?

5

How can kindness impact the overall culture of a school or class? Think of an example and share the difference kindness would make.

## Action/reflection prompts (take action and reflect on results)

1

Do a kind act for someone anonymously. It can be someone you know or a stranger. Write about what you did and how it made you feel. If you were able to see the results of your action, reflect on what you observed from the other person.

2

Compliment three people today or this week. Record their reactions and reflect on how it made you feel.

3

Help someone without being asked. Write about the experience and whether it changed or impacted your relationship with that person.

4

Find a way to make someone's workload lighter. Consider ways to help someone at school, home, or work. Share what you did and reflect on the difference it made.

5

Spend one lunch period with someone you don't usually talk to. Reflect on what you learned about that person and how it felt to talk to someone outside of your normal friend group.