

Worksheet for Life Lesson 10: Kindness Is Contagious

Doing what you believe is right makes you feel good about yourself and helps you build confidence. This holds true when it comes to showing appreciation and for other values, like being generous, being tolerant, and being kind. When you do what you believe is right, you just feel better. That's how we're built.

Kindness can be shown in a variety of ways. It's not always national news stuff. It's seeing some kid in school, sitting alone at the cafeteria, and you walk over, sit down, and share a lunch. It's saying "Hey" at school to the kids who aren't high on the popularity scale. It's taking time to play with your little brother or sister instead of "doing what you want." It's stunning your mom or dad by taking a little of the burden off their shoulders and doing the dishes without being asked. It's noticing that your elderly neighbors' lawn is turning into a jungle and mowing it for them, and you don't ask for a dime.

It's also about kind acts outside your home. Bad stuff happens in every neighborhood or community sometimes. The kids who get involved in making things better end up feeling better and growing in confidence. So take a couple of minutes and think about what you've seen or heard about. First, team up with your parent or grandparent and answer these yes-or-no questions:

This week, did you hear about

- someone's house catching fire? _____
- someone getting killed in a car accident? _____
- someone's mother or father getting killed or wounded in war?

- a flood, tornado, or storm killing others and destroying homes? _____
- a village where people have no food or water? _____
- a child with a serious illness whose family needs help to pay for care? _____
- any other kind of situation in which people needed help? _____

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Of all the stories you heard about, which one drew you in and made you want to do something about it? Why?

Now take some time and think about what you could do. By yourself or with your family or class, decide on one situation that you can help make better. What will you do to show kindness in that situation? Write about it here:

Now that you've picked one situation to help, decide when you're going to put the first part of your plan into action. Do you need to meet with your group or a resource person to work on this together? When will you meet? Write down the first part of your plan here:
