GRADES 3-5 UPPER ELEMENTARY

INTENTIONAL KINDNESS DAY ACTIVITY GUIDE

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What This Is About

At this stage, students begin to understand how their actions affect others. This guide helps them practice kindness with awareness, empathy, and thoughtful choices.

Kindness at this level is about:

- Understanding how others feel
- Making thoughtful decisions
- Including and supporting others
- Taking responsibility for your actions
- Using your words to solve problems
- Standing up for others when something is not right

Activity 1: Kindness Journal

Ask children to draw or write about:
👉 a time they helped someone
or
👉 a time someone helped them

How to implement:
Give students 5-10 minutes of quiet time. If writing is difficult, allow drawing or provide sentence starters such as "I helped someone when…" or "Someone helped me when…".

Afterward:
Invite a few students to share if they feel comfortable. Guide discussion with:what happened, how did it make you feel, how do you think the other person felt.

Activity 2: Kindness Challenge

Have students choose 2-3 actions to complete during the day:

- Include someone new
- Listen without interrupting
- Help someone without being asked
- Say something kind and specific

How to implement:
Say the phrases together as a group. Model tone and expression so they understand how kindness sounds.

At the end of the day, ask: what did you try, what happened, and would you do it again

Activity 3: Role Play

Create simple scenarios: someone feels left out, someone makes a mistake, or someone needs help

How to implement:
Have students act out the situation in pairs or small groups. Pause and ask: What could we do differently to be kind with intention?

Let them try again using a more thoughtful response.

Activity 4: Active Listening Practice

Pair students. One shares while the other listens without interrupting.

How to implement:
Model listening skills: eye contact, no interrupting, respectful response.

Switch roles.

Reflect: How did it feel to be listened to? Was it hard not to interrupt?

Activity 5: Kindness Wall

Create a space where students can share acts of kindness.

How to implement:
Students write or draw something kind they did or noticed using sticky notes or paper. Keep the wall up throughout the week.

Activity 6: Include and Invite

Ask students to

👉 notice someone who may feel left out

👉 invite them to join a game, a group, or conversation

How to implement:
Explain what inclusion looks like. Give simple examples, then encourage students to try it during the day.

Reflect:

- What did you do
- How did it make someone feel

Activity 7 : Think Before You Speak

Teach students to pause and ask:

👉 "Is what I'm about to say kind, helpful, and respectful?"

How to implement:
Give examples of unkind vs. kind phrases. Have students change them into more thoughtful responses.

Reflect:

- How do words affect others
- What can you say differently next time



For Homeschool and Home Use

- Use journaling, drawing, or conversation
- Talk through real-life situations as they happen
- Set one intentional kindness goal for the day
- Reflect together at the end of the day
- Model kind and respectful behavior in everyday moments
- Encourage children to notice how others are fee
- Practice kind words during daily routines (meals, playtime, outings)
- Use simple "pause and think" moments before reacting

Make It Stand Out

- Create a weekly kindness tracker
- Let children help lead discussions
- Celebrate thoughtful actions, not just big ones
- Turn kindness into a "kindness mission" for the day
- Give students choices on how they participate (write, draw, or share)
- Use real-life scenarios to help students think through their actions

Tip for Educators and Parents

Keep this playful, engaging, and flexible. There is no single right or wrong way to teach kindness as long as the focus stays on being thoughtful and intentional in how we treat others.

Young children learn best through repetition, modeling, and simple interactions. Focus on helping them understand feelings and connect their actions to how others feel.



Need more ideas or support?
Mona Liza Santos can help tailor activities for your classroom or home.
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