

GRADES 6-8

INTENTIONAL KINDNESS DAY ACTIVITY GUIDE

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What This Is About

At this stage, students are learning how their words, actions, and choices affect others, especially in friendships and social settings. This guide helps them practice intentional kindness by thinking before they act and understanding how their behavior impacts the people around them.

Kindness at this level is about:

- being aware of others
- making thoughtful choices
- standing up for respect, even when it is not easy
- thinking before reacting in social situations
- being mindful of words, tone, and online behavior
- choosing not to follow negative or disrespectful actions

Activity 1: Real-Life Discussions

Ask students:
👉 "When it is hard to be kind?"

How to implement:
Write responses on the board. Guide the conversation toward situations like:

- peer pressure
- feeling left out
- wanting to fit in
- staying quiet when something is not right

Follow up with:

- What would an intentional choice look like
- What makes it difficult

Activity 2: Digital Awareness

Ask students to reflect on:
👉 how words online can affect someone

How to implement:
Give examples:

- comments
- group chats
- posts

Ask:

- Would you say this in person
- How could this make someone feel

Encourage students to rewrite a message in a more thoughtful way.

Activity 3: Scenario Role Play

Create situations:

- someone is being excluded
- someone is being talked about
- someone makes a mistake in front of others

How to implement:
Have students act out the situation. Pause and ask:
👉 "What could be a more intentional and respectful response?"

Let them try again with a better choice.

Activity 4: Kindness Choice Challenge

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Ask students to think of one real situation this week where they can:
👉 choose kindness instead of reacting

How to implement:
Have them write it down privately.

Follow up later:

- What happened
- What did you choose
- What did you learn

Activity 5: Listening Without Judgment

Pair students and have one share something while the other:
👉 listens without interrupting or reacting

How to implement:

- no interrupting
- no judging
- focused attention

Reflect:

- How did it feel to be heard
- Was it difficult to just listen



👉 **Keep it real**
Use situations students actually face so the lesson feels relevant and meaningful.

Make It Stand Out

- Use real life students to relate to
- Allow small group discussions instead of large ones
- Encourage student voice and participation

Activity 6 : Choose the Right Response

Give a simple scenario where someone is left out or disrespected.

Ask: 👉 "What is the intentional choice here?" and let students share.

Activity 7 : Pause Before You React

Teach students to pause and think before responding in a situation.

Ask: 👉 "Is my response respectful and thoughtful?" and discuss better choices.

For Homeschool and Home Use

- Talk about real-life situations and friendships
- Discuss choices and consequences
- Reflect on daily interactions
- Encourage open and honest conversations

Simple Reflection

- Did you make a different choice today
- How did your actions affect someone
- What would you do differently next time

- Focus on choices, not perfection
- Keep conversations open and judgment-free
- Let students reflect privately if they are not ready to share
- Connect activities to real situations they experience daily

Tip for Educators and Parents

Keep discussions real, open, and respectful. There is no single right or wrong way to guide these conversations as long as the focus remains on thoughtful and intentional behavior.

Middle school students benefit from honesty and real-life examples. Allow them to express their thoughts without judgment while guiding them toward more respectful and aware choices.

Intentional kindness at this stage is about awareness, responsibility, and choosing actions with care, not reacting quickly or following the crowd.



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