

GRADES 9-12

INTENTIONAL KINDNESS DAY ACTIVITY GUIDE

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What This Is About

At this stage, students are shaping who they are and how they show up in the world. Their words, actions, and choices have a real impact on others. Intentional kindness is not about being nice all the time. It is about being aware, thoughtful, and responsible in how you treat people, especially when it is easier to stay silent, react quickly, or follow the crowd.

Kindness at this level is about:

- accountability
- influence
- respect
- leadership

Activity 1: Impact Reflection

Ask students to reflect on:
👉 a moment where their words or actions affected someone

How to implement:
Give 10–15 minutes for writing. Encourage honesty and privacy.

Guide reflection with:

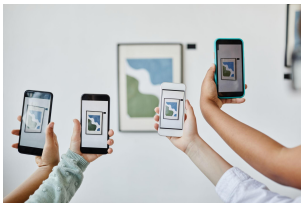
- What happened
- How did it affect the other person
- What would you do differently now

Activity 3: Digital Responsibility

Ask students to reflect on:
👉 how they show up online

How to implement:
Discuss:

- posts
- comments
- group chats



Ask:

- Does this reflect who you want to be
- Would you say this face-to-face

Have students rewrite a message in a more thoughtful way.

- being mindful of how your words and actions affect others
- making intentional choices, even under pressure
- using your voice to support and uplift others

Activity 2: Real Talk Discussion

Ask:
👉 "What does respect look like in your daily life?"

How to implement:
Create a safe and open discussion. Topics may include:

- friendships
- social pressure
- online behavior
- accountability

Allow students to lead parts of the conversation.

Activity 4: Leadership in Action

Ask students to choose one intentional action:

- speak up respectfully
- support someone quietly
- lead by example
- choose not to engage in negativity

How to implement:
Have them write down their choice and reflect later on what happened.



👉**Be mindful of what you post, share, or comment online**

Activity 5: Listening With Intention

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

How to implement:
Model what intentional listening looks like:

- focused attention
- no interruptions
- respectful response

Reflect:

- How did it feel to be heard
- Was it difficult to listen without reacting



For Homeschool and Home Use

- Discuss peer pressure and how to make independent, intentional choices
- Talk about digital behavior and how online actions affect others
- Create space for open, honest conversations without judgment
- Reflect on personal values and how they guide everyday decisions

Make It Stand Out

- Allow student-led discussion
- Connect topics to real-life situations
- Encourage critical thinking and reflection

Activity 6 : Lead by Example

Ask students to choose one situation where they can model respect or kindness.

Have them act on it during the day and reflect on the impact.

Activity 7 : Speak with Intention

Give examples of common reactions and ask students to reframe them thoughtfully.

Discuss how intentional words can influence and uplift others.



Simple Reflection

- What kind of impact do you want to have on others
- How do your actions influence the people around you
- What is one intentional choice you can make moving forward

👉 **Treat others with respect, regardless of differences**

- Focus on growth, not perfection
- Create a safe space for honest and respectful conversations
- Allow different perspectives to be shared without judgment
- Keep discussions relevant to their daily lives and experiences



💛 **Simple Tips to Practice Intentional Kindness**

- Walk away from negativity instead of feeding into it
- Practice kindness toward yourself, not just others
- Use your voice to encourage, not tear down



Tip for Educators and Parents

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

High school students benefit from being treated with respect and given space to think critically. Encourage reflection, accountability, and ownership rather than forcing participation.

Intentional kindness at this level is about making conscious choices, understanding impact, and leading with awareness, not reacting or following what is easy.



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