

Gratitude Walks

Kindness Every Day



RESPOND to acts of kindness shown in your community. You can observe many kind actions as you walk around your school and neighborhood. Take note of those people whose sensitivity, attentiveness, and caring increase your feelings of gratitude.

Kindness can be practiced in both expected and unexpected ways. Some acts of kindness may be associated with a person's career or volunteer responsibilities at school, such as office workers, nurse, maintenance staff, and those who help in the library/media center, cafeteria, or transportation and safety programs. Kindness is often part of a community helper's job as a police officer, fire fighter, trash collector, or mail carrier. Employees of neighborhood businesses demonstrate acts of kindness routinely as grocery workers, hair stylists, musicians, artists, bakers, and restaurant cooks, waiters, and dishwashers. Other acts of kindness appear in surprising or unexpected ways, for example when a shopper pays for another's groceries, a family donates clothes or food, a classmate helps with a school project, or a bank's teller offers a dog treat at the drive-up window.



Christian L.



CONNECT your thoughts about expected versus unexpected acts of kindness. For example, you might expect cafeteria staff to serve delicious and nutritious food, but their sense of humor and remembering your favorite vegetables may be unexpected. You might expect a librarian to remind you of an overdue book or suggest a story written by the author you like, but did you expect them to organize an after-school book club?

Reflecting on kindness from the adults in your neighborhood is a great way to start this activity. Remember to consider the kids who serve as crossing guards, lunchroom helpers, library assistants, and classroom mentors. And think about schoolmates whose kindness is not related to a volunteer role. What kid-to-kid acts of kindness have you experienced in the playground, cafeteria, and on class project teams? Be sure your list includes these, too!



NAME

EXPECTED WAYS THEY SHOW THEY CARE

UNEXPECTED WAYS

NAME

EXPECTED WAYS THEY SHOW THEY CARE

UNEXPECTED WAYS

NAME

EXPECTED WAYS THEY SHOW THEY CARE

UNEXPECTED WAYS

WRITE THE NAMES OF PEOPLE YOU'D LIKE TO HONOR FOR THEIR ACTS OF KINDNESS. FOR EACH, DESCRIBE THE EXPECTED WAYS THEY SHOW THEY CARE AND THE UNEXPECTED KINDNESS THAT SURPRISED YOU.



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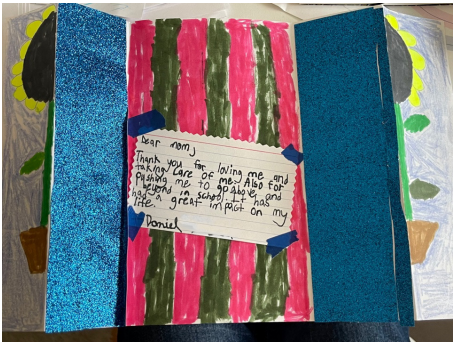
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CREATE gratitude notes to thank the people you appreciate. Write and illustrate drafts of your cards on this Thinking Sheet before you create and decorate them colorfully on firm paper. Use paper in interesting ways with gate-folds, non-symmetrical folds, and pop-ups that lift when the card is opened. Inside write a description of your experience and feelings. What surprised you? Beyond the person's responsibilities or expected behaviors, what unexpected act of kindness went above and beyond? Describe the sense of appreciation and gratitude you felt and the new perspectives you gained.



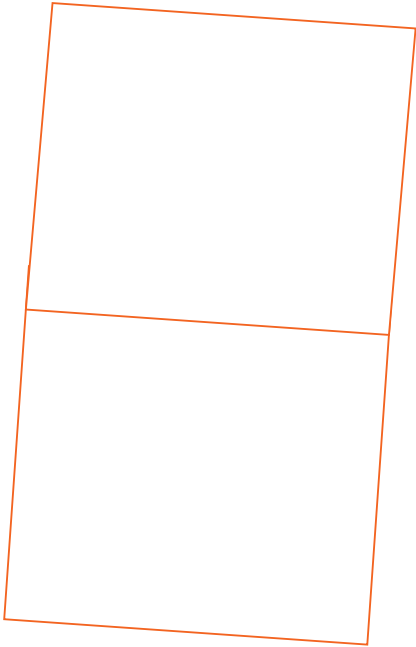
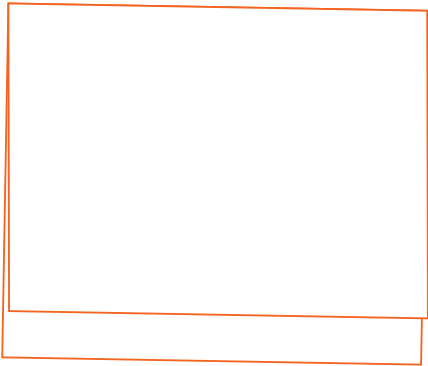
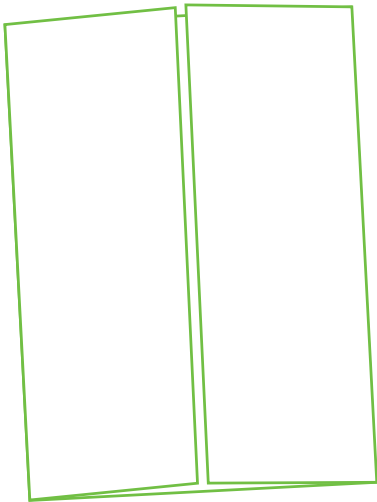
Daniel D.



Attach one end of a piece of curly paper to the inside front and the other end to the inside bottom. When the card is open the added note will "pop up."

Luca D.

DESIGN GRATITUDE NOTES BEFORE CREATING THEM ON SEPARATE PIECES OF FIRM PAPER.



PRESENT the gratitude notes in person. Plan a *Gratitude Walk* where your class or a group of classmates hand deliver the cards. Focusing your gratitude on people who are within walking distance helps point out the many acts of kindness that are close by.