in partnership with unicef | WORLD CHILDREN'S DAY sixseconds THE EMOTIONAL INTELLIGENCE NETWORK

Title: **KIND OR UNKIND**

Goal:
This exercise prompts kids to explore how the same act can be kind or unkind depending on context and intent.

sixseconds
THE EMOTIONAL INTELLIGENCE NETWORK

Resources:
Cup/Hat
Paper Slips
Pencil/Pen/Markers

Intro:
Kindness can be deeper than "please" and "thank you." But it can be confusing sometimes when if actions are mistaken. How can we show kindness? How can we be clear about our intentions to do good for others?

Instructions:

Choose any or all of these prompts that you think are best for your kids. You can write these acts down on pieces of paper that the kids can draw from a cup or hat, or you can choose a few to read out loud and talk about.
The person who draws the questions will answer the question, "when have you experienced this as kindness?" Another person will answer "When have you experienced this as unkind?" If they don't have a personal experience with the prompt, they can make up a story.
Go until all of the prompts are gone. Then, talk about the discussion questions.

Discussion:

What makes something kind or not? How do you know if someone else is being kind or not?
How do you know if you're being kind or not?
What are some important things to remember about being kind?
What's a time when you were trying to be kind, but it actually came out unkind? What would you do differently next time?
Now that you have new insights about kindness, how can you share your experience with others?

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