Random Acts of Kindness Grade 6-WEEK OF April 20 th.

All the links to the videos and references are on the class website.

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| Before You Start…  Use a dictionary or look up the words on the internet (**NOT** in Google Translate!).  Highlight or circle the **synonyms** (more than one!)for the following words:   |  | | --- | | Random | | Unplanned Organized Directed Casual Aleatory Specific | | Kindness | | Care Generosity Selfishness Benevolence Humanity Indifference |   Watch [this video](https://www.youtube.com/watch?v=_Nl2sT0rTDc) (t.ly/EK8vR)  Describe 2 acts of kindness you have seen in the video.   |  |  | | --- | --- | | 1 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | 2 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |   In your own words (write your PERSONAL definition), what is a “random act of kindness”?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| Now browse/explore [RandomActsOfKindness.org](https://www.randomactsofkindness.org/kindness-ideas)  Click the link or type this address in your web browser: t.ly/qZnNn  Read some of the stories from the site.  Which story is your favourite? Describe it here:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Why is it the one you prefer?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Was there a funny story in the ones you read? Explain…  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Push Your Limits (Optional)…

* When you have finished with your Random Acts of Kindness (see Bingo on next page), choose one and write a blog about it. Don’t include any personal details or information. You can send it to me for revision/correction.
* Optional: Post your text on [this website](https://www.randomactsofkindness.org/kindness-stories/whos-your-one) (randomactsofkindness.org). Your story will be posted online after it has been reviewed by the owners of the website.

Kindness Bingo

Now it’s your turn! Choose any line (diagonal, horizontal or vertical) of Random Acts of Kindness you would like to do this week. You can also add your own ideas and personalize your bingo card.

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| Leave a kind note for delivery drivers. | Tell each of your family members one thing you love about them. | Make your parents breakfast, lunch or dinner, and name all the foods in English for them. | Colour pictures for people you love and mail them. |
| Do your chores without being asked and without complaining. | Write encouraging messages on your sidewalks using chalk. Here is a [list](https://www.randomactsofkindness.org/kindness-quotes) of kind quotes you can use. | Learn something new. | Make a handmade card. |
| Call a grand‑parent, cousin, aunt or uncle. | Pick up one piece of trash that is on the street. | Place large signs with kind messages in your windows so people can be inspired as they drive or walk by. | Create a bookmark and place it in a book to be discovered. |
| When taking a walk, say hello to a person who is also taking a walk and wish them a good day. | Write down someone’s best qualities and give them the list. | Make a [kindness rock](https://inspirekindness.com/blog/rock-painting). | Write [kind quotes](https://www.randomactsofkindness.org/kindness-quotes) on sticky notes and place them randomly in your neighbourhood. |

Worksheet by Sonia St-Martin, enseignante à la Commission Scolaire des Navigateurs

Source : Activité proposée par Lysiane Dallaire et Isabelle Giroux, respectivement enseignante-ressource et conseillère pédagogique à la Commission scolaire de la Rivière-du-Nord, Bonny-Ann Cameron, conseillère pédagogique à la Commission scolaire de la Capitale, et Dianne Elizabeth Stankiewicz, conseillère pédagogique à la Commission scolaire de la Beauce-Etchemin.