

Educational Resources- Preschool/Primary Level

Activity 1: Buddy Buddy!

Subject: Any

Prep Time: 5-15 min

Activity Time: Up to 1 class period

Activity Description:

Partner up students of different grades or classes or with a buddy class to do a fun activity together. If the students do not know each other make sure they introduce themselves before the activity. Include their names, grade, teacher, etc.

Activities could include:

Read a book together

Make a picture/ painting together- give it to someone else

Play an educational game together

Peer teach spelling words to each other

Service project together- write letters to soldiers, elderly, personal hero's, neighbor, friends, anyone who has had an impact on you.

Any other activities that you think would be appropriate.

End the activity by explaining that this was an event to share an experience with other people, including your "buddy" or anyone else. Shared experiences make us understand and like other people, therefore we are kinder to them on a daily basis.

Activity 2: Paragraph of Praise

Subject: Language Arts

Prep Time: 5 Min

Activity Time: 15-30 min

Activity Description:

Teachers ask students to write a Paragraph of Praise about another student in class. Please make sure each student in class receives one paragraph. Before writing, instruct students to think about the person they are praising. Brainstorm 3-5 positive facts about the student (with examples for higher grades), that relate to their character and/or personality. Some examples include: kind- you helped Jim with a math problem without being asked, funny- you made the whole class laugh with your interesting story, smart- you work hard & pay attention to details. Students then write the Paragraph of Praise. Teachers decide how they are distributed- possibly read out loud- a few a day, each day of 7 days, or handed to each student and told they can read them to the class if they want, or each letter put on a bulletin board of praise, etc. Teachers conclude by explaining that one important thing that we can "Give to Others" is our sincere praise. This exercise helps students THINK about the people around them and EXPRESS their sincere praise. It makes a ripple of kindness that is far reaching.

Share your photos and experiences @givesevendays on Facebook, Twitter, and Instagram using the hashtag #givesevendays. or #BeTheRipple To share more detailed events email info@givesevendays.org with your school name.