

Random acts of kindness

“Random acts of kindness” are unexpected nice things people do. Sometimes you do them for people you don’t even know.

We know that people who do kind things are happier than people who just think about themselves.

❶ Read two stories that students wrote.

Which story do you like best?

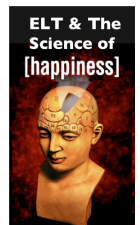
Stand up. Walk around. Tell that story to other students. Listen to their stories. Do this with 4-5 partners.

❷ In groups of 2-3, think of other “random acts of kindness” you could do? Write them. Then share you idea with the whole class.

Our ideas:

❸ This week, do at least one of the *acts of kindness*. What did you do? What happened next?

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Stories by our students
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Lesson plan:

1. (optional) Give everyone a cookie or piece of candy. (This is a surprise, random act of kindness)
2. Introduce the idea of "Random acts of Kindness"
3. Read the "random acts" newspaper story (the one with the flower). (another file in this website.)
4. Do the worksheet from this file.
Pass out the students' stories. (one sheet each). They read, Stand up, walk around. Summarize.) Do this with at least 2-3 partners.
5. Brainstorm Random acts. (they put on the board)

Optional Homework: Have them write up what they did an email it to you.
Print up copies of all the stories. During the next class, you can repeat the activity with their own stories.

Sometimes I correct the students' stories before printing them up. They do the tasks in class. Then I give each person a copy of their original story. They can compare that version to the one I printed for everyone to find their mistakes.

There are many youtube videos with Random Acts of Kindness.
One with the acts written in English (which makes it easier for the students) is at:
<http://www.youtube.com/watch?v=RvWnZflpOsE>

There is a Random Acts of Kindness Foundation. Their website,
<http://www.randomactsofkindness.org/>, has lots of ideas.

From T.

Good afternoon.

I'm your seminar student

I'd like to tell you my real giving story

In fact , I did it four times yearly

Did you know that ? Y es , I donate my blood

It's very simple but I do think it's a kind of real giving because my blood maybe save a person's life and I only just have to rest 1 day

Don't you agree?

From R

Hello.

Real giving

Today, I sent a box of chocolate to an old man who is a guard in a building I had lived in. It was the first place I lived when I came to Osaka. At that time I didn't know anyone here. I was alone. Especially when you live alone and your family , your friends are far away from you, the feeling is just like a stone dropped into an ocean. But everyday ,the guard always said "good morning" and smiled to me. Every time ,this simple sentence gave me a kind of power to be brave to face every different things! How I thanked him! So, every morning, I said "good morning" by happily and loudly voice. I did it till I moved away from there. When I remembered it , it always can make my heart warm. I thanks him very much. So, I wrote "Thank you for giving me 'good morning' power every day , it made me to be brave to face every difficult thing when I came here just for a short time. I will remember it forever, no matter where I go. Thank you." I didn't write my name, but I was happy and I saw his beautiful smile when he got the box.

Story Set **1**

Cross out the stories you hear: 2 3 4 5 6 7 8

From H.S.

I will tell you about what I did yesterday.

I was walking to TSUTAYA with my friend.

There was a old woman walking at the street probably 60~70 years old.

It begun to rain suddenly.

She didn't have umbrella but I did.

So, I gave my umbrella to her.

She said no thank you to me but I gave it forcibly.

I shared one umbrella with my friend and went to TSUTAYA .

From T.H.

My real giving story:

I wiped signboard of my daddy's restaurant for him secretly on Friday.

The next day, he said, "The signboard was clean. It seemed to be cleaned by someone. Strange."

I wanted to say,"Yeah, that's me ! " But I didn't. I just said "Oh really ?

That's funny, but it's good isn't it ?"

Then he said, "Yeah, think so . "

I felt happy because he looked happy.

Story Set 2

Cross out the stories you hear: 1 3 4 5 6 7 8

From Y.

Good afternoon.

My story of giving is happened in a hot day this summer. I went shopping because it was a sunny day. When I was walking along the street, I heard some cheering in the back street. So I went there for a look. Then I saw some runners were running, there was an international marathon . I cheered them for some minutes and wanted to go away.

But at that moment, a man, maybe a staff member for the contest, asked for all of us that who can speak do an hour's volunteer for supplying drinks to runners. It was too hot to run, which was hotter than they expected

Some of the runners and staff fell down because of the *sunstroke*. I had time and nothing important. Why don't I do something? So I bought a box of mineral water and delivered these to people in need.

sunstroke = 日射病

From T.

I used my bicycle yesterday. But its tire had little air, so I made it full with a bicycle pump.
And then I noticed the bicycle next to mine had little air too.
I didn't know whose bicycle it was.

However, I made it full. The owner will use it comfortably!!

Story Set 3

Cross out the stories you hear: 1 2 4 5 6 7 8

From R

I was walking near the station.

A lady knocked down a bicycle parked in the parking lot, which caused other bicycles to fall down like dominos.
Every one ignored it.

So I helped her to stand all bicycles.

After that she said Thank you to me. I felt very happy.

This is very small kindness.

When I saw like this type of problem before I always ignored it.

But I became to try to do kindness after discussing kindness in your class.

From M

Hello.

I tell you my story. Yesterday, I had no plan for the day.

So, I decided to read books.

When I finished to read 3 books, I had a telephone call from someone.

So, I answered the phone and I understood that it was my friend.

He said me `I caught a bad cold. Take my place at work , please?`

I was willing to do it because he usually helped me at work.

Thank for reading this. See you!

Story Set 4

Cross out the stories you hear: 1 2 3 5 6 7 8

From C

I want to write about my real giving.

First, I belong to the executive committee of school festival and we are preparing for the next school festival.

The other day, I saw the full trash can in our preparation room.

Then nobody was in room and I felt little bothered to go to throw away the garbage. But I thought that everybody thinks the same thing. And everybody is going to be able to work comfortably if I threw it away.

And I went to throw away the garbage.

Of course no one knew about that.

However, then I felt so happy to be able to help my fellow students.

From K.

Hello!

I did it! I put 1000 yen on my brother's desk.

It is secret.

But he didn't notice.

See you next time (^0^)/

Story Set 5

Cross out the stories you hear: 1 2 3 4 6 7 8

From K.O.

When I tried to take a bus, a woman came. She had not only her baby but also a baby buggy. I thought that it was difficult for her to take a bus. So I helped her. I lifted up the baby buggy. She said "thank you" to me. I was very happy!!

(baby buggy = ベビーカー)

From S.G.

I always go back home late. I practice lacrosse or have a part time job everyday. So I can't help my mother. But I help my mother, when I don't have part time job. After dinner, I washed dishes. My mother said "Thank you".

Thank you is good word. I think a kind person can say "Thank you". Some people can't say thank you. The other day, I took a bus. Then the old woman took a bus and I gave up my seat. But she sat without a word. I felt a little sad. We should say thank you. However I wanted her to say thank you. Saying thank you make me happy. So I want to say thank you everybody.

- S.G.

Story Set 6

Cross out the stories you hear: 1 2 3 4 5 7 8

From Y.T

Today is festival. A child had a balloon. But the balloon popped because her hair pin pricked the balloon. She cried. Then another person who has a balloon gave her it. She smiled happily and say 'thank you.' My heart warmed.

From N.S.

I picked up things that a person had dropped. I didn't know the person who walked in front of me. Then she said to me "Sorry, thank you." I was glad.

From H.A.

One day in October, I waited for a bus.
Then a person asked me, "Excuse me. Are you taking the bus to Furukawa?"
I said "No, I'm going to Sendai."
She said "Thanks." and looked hard at a bus timetable.
So I said "If you want to take the bus to Furukawa, you should wait on the other side's bus stop."
She thanked me again and she took the bus.

Story Set 7

Cross out the stories you hear: 1 2 3 4 5 6 8

From T.K.

I was walking along outside.

I have noticed that something was dropped. I picked it up. It was a wallet.

Since I found the owner of that wallet, I telephoned the person, a girl. She came to take a wallet soon. She brought a “thank you gift” for me.

From M.T.

I told a person from another country the way to the Sendai Station. Then he said thank you to me. And he gave me a candy. It was very good. So I was very happy.

From M.I

Last Friday, I went shopping after school. I was tired so I had a break in a department. When I sat down on a chair, a baby looked at me. He looked bored because his mother was talking on the phone. I wanted to see his smile so I smiled at him. After that, he smiled!! I was very happy. Maybe he was, too. He had a very nice smile .It was like an angel. He looked happy!! Not bored!! He was so cute. I thought the baby smile and I did a good thing.

Story Set 8

Cross out the stories you hear: 1 2 3 4 5 6 7