



## PROJECT IDEA

### **Random Acts of Kindness Jar** *By Linda Rosen*

*The Random Acts of Kindness jar is a project where students write down acts of kindness that they received or did for someone else and keep them in a jar. At the end of each day or week, the teacher can read a few of these notes to the class to help inspire students to spread kindness daily.*

#### **HOW TO**

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1. Gather or purchase a clear jar and pieces of paper.
2. Label the jar "Random Acts of Kindness Jar".
3. Place the jar and sticky notes in an accessible location for students to easily interact with it.
4. Ask your students to perform random acts of kindness each day. Some examples include: Giving a compliment, opening a door for someone, smiling at a stranger and helping someone in need.
5. When your students perform or receive an act of kindness, have them write it down and place it in the jar.
6. Either daily or weekly, read aloud some of the acts of kindness to your students to help inspire them!



#### **ITEMS NEEDED**

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1. Clear jar
2. Small pieces of paper or sticky notes