SPARK™

SEL Skills

Kindness

The quality of being friendly, generous, and considerate to others.

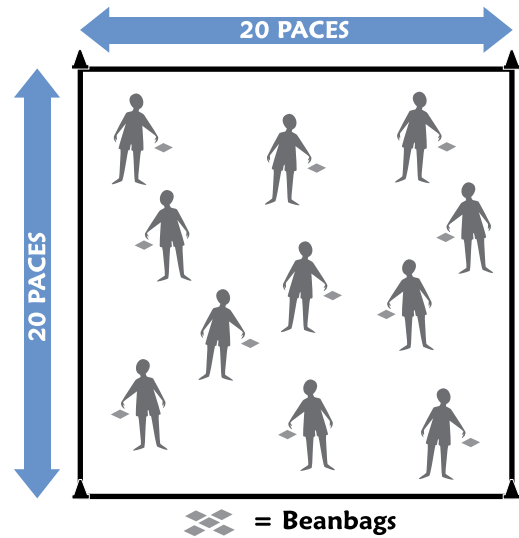| Looks Like	Sounds Like

CHASING KINDNESS

Ready

- 4 cones (for boundaries)
- 1 beanbag per student
- Music and player
- 1 fluff ball per 10 students

Set

- Create medium (20X20 paces) activity area.
- Distribute 1 beanbag to each student.
- Give 1 fluff ball to 3 different students
- Scatter students within area.

20 PACES

20 PACES

⬧⬧ = Beanbags

GO!

1. Kindness

- The object of Chasing Kindness is to balance a beanbag on your head and avoid being tagged by the Chasers while also helping others in need.
- What is kindness? *(Generosity or concern for others without expecting something in return)* How do you show kindness to others?

2. Instructions

- I will give fluff balls to 3 students, who will be our first Chasers.
- As you flee from a Chaser, if your beanbag drops, freeze until another person picks it up and hands it to you.
- Remember to say "thank you", then put the beanbag back on your head and return to the game.
- Remember that kindness is being generous and helping out other students so don't just avoid being tagged, look to unfreeze students who are frozen.
- While helping another student you are safe from being tagged. If your beanbag drops while you are helping someone you are not frozen.
- If tagged, you will take the fluff ball from the tagger because you are the new Chaser.
- On the start signal, walk quickly through out the activity area.
- On the stop signal, freeze and we will change taggers. *(Choose 3 new Chasers that you see have not been a Chaser yet.)*
- It pays to be kind! The more students that are free, the more that can help you if you are frozen!

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