## Kindness

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

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<th>Looks Like</th>
<th>Sounds Like</th>
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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.

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!