The Kindness Countdown

A challenge for any school week • Form time • KS3-KS4 • 15 minutes

THE FILM'S QUESTION

If one act of kindness really does travel, where does yours stop?

Watch and plan

5 MIN

Watch the film. Pick three school days in any week and plan one small act for each. Try making room at lunch, thanking a member of staff or letting someone else speak first.

School day	My small act	When or where
Day 1		
Day 2		
Day 3		

Follow the kindness

5 MIN

With a partner, or quietly on your own, choose one act from the table. Imagine what the next person might do after being helped. Tell or write a possible next step without using real names.

Get ready to start

5 MIN

Write the words you could use for your first act, or describe exactly what you'll do. If the opportunity doesn't come up, write one other kind thing you could do that day.

Choose acts that cost nothing. Let pupils keep their plans private. If they miss a day, they can pick up when they're ready.

Fowler and Christakis | How cooperation spreads in groups

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