

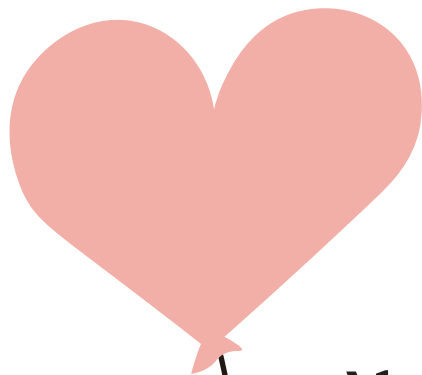
THE

KINDNESS

KANGAROO



MOMENTOUS
INSTITUTE



About Momentous Institute

Momentous Institute, founded by the Salesmanship Club of Dallas in 1920, exists to build and repair social emotional health with children, families and communities. Each year, the organization partners with over 5,500 children and family members through innovative education and therapeutic services. The organization also invests in research and training, including the annual Changing the Odds conference, to reach far more children than could ever be seen directly.

The Kindness Kangaroo

Kindness is a skill just like patience, empathy and resilience. Everyone has the ability to be kind and often we practice kindness without thinking about it. However, it is important for students to learn how to consciously practice kindness so that they understand that being kind is a choice.

There are many ways for students to practice kindness and often we focus on individual acts of kindness. This project is focused on group acts of kindness as well as noticing acts of kindness done by those around us.

The Kindness Kangaroo supports kids in engaging in and noticing acts of kindness. Each act of kindness is represented on one piece of a large puzzle. Kids can work together to do enough acts of kindness to complete the puzzle. By the end of the project, students should understand how they can choose to be kind, work together to show kindness, and acknowledge when others are being kind.

How to use

There are a couple ways to use this product. Select the option that works best for you or adapt it to your classroom. Here are a few ideas of how you might use it:

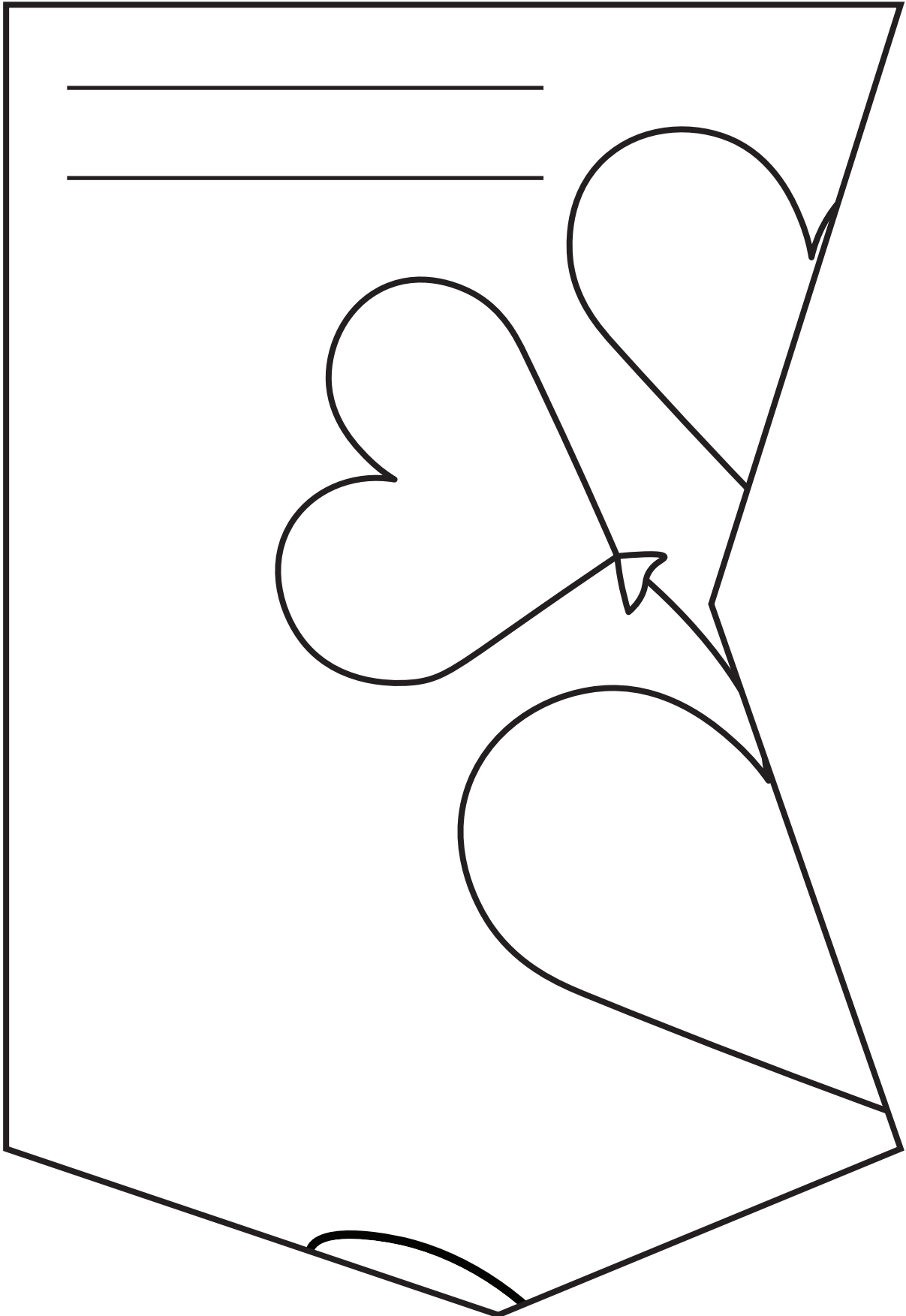
- As the teacher, pay attention to acts of kindness you notice throughout the day such as students cleaning up after themselves on the playground, or a student sharing supplies with another kid. At the end of the day, share the kindness(es) you noticed with the class, and together select one to write on a puzzle piece.

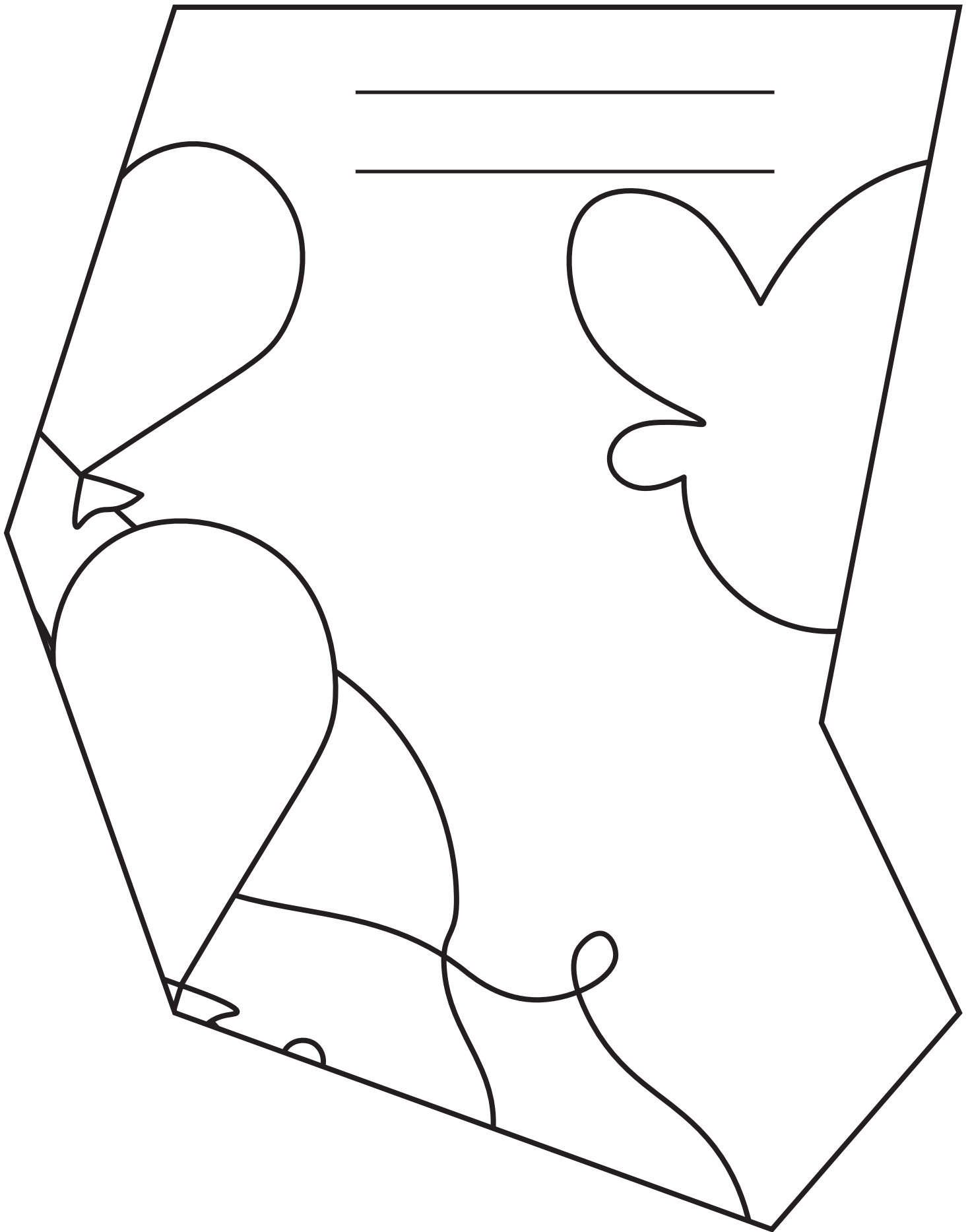
MATERIALS

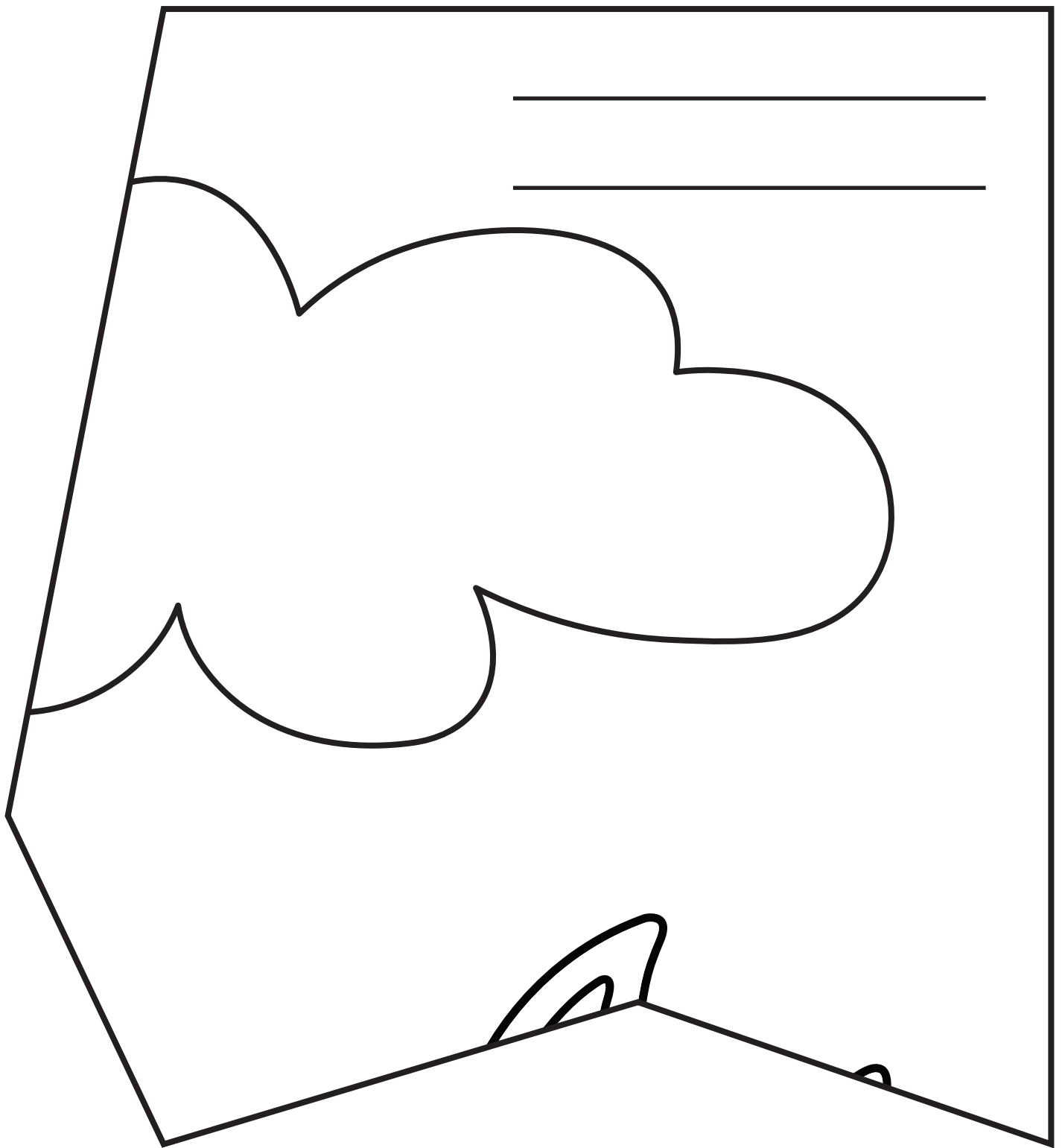
- Kindness Kangaroo puzzle pieces (pages #4-12)
- Scissors
- Crayons
- Pencil

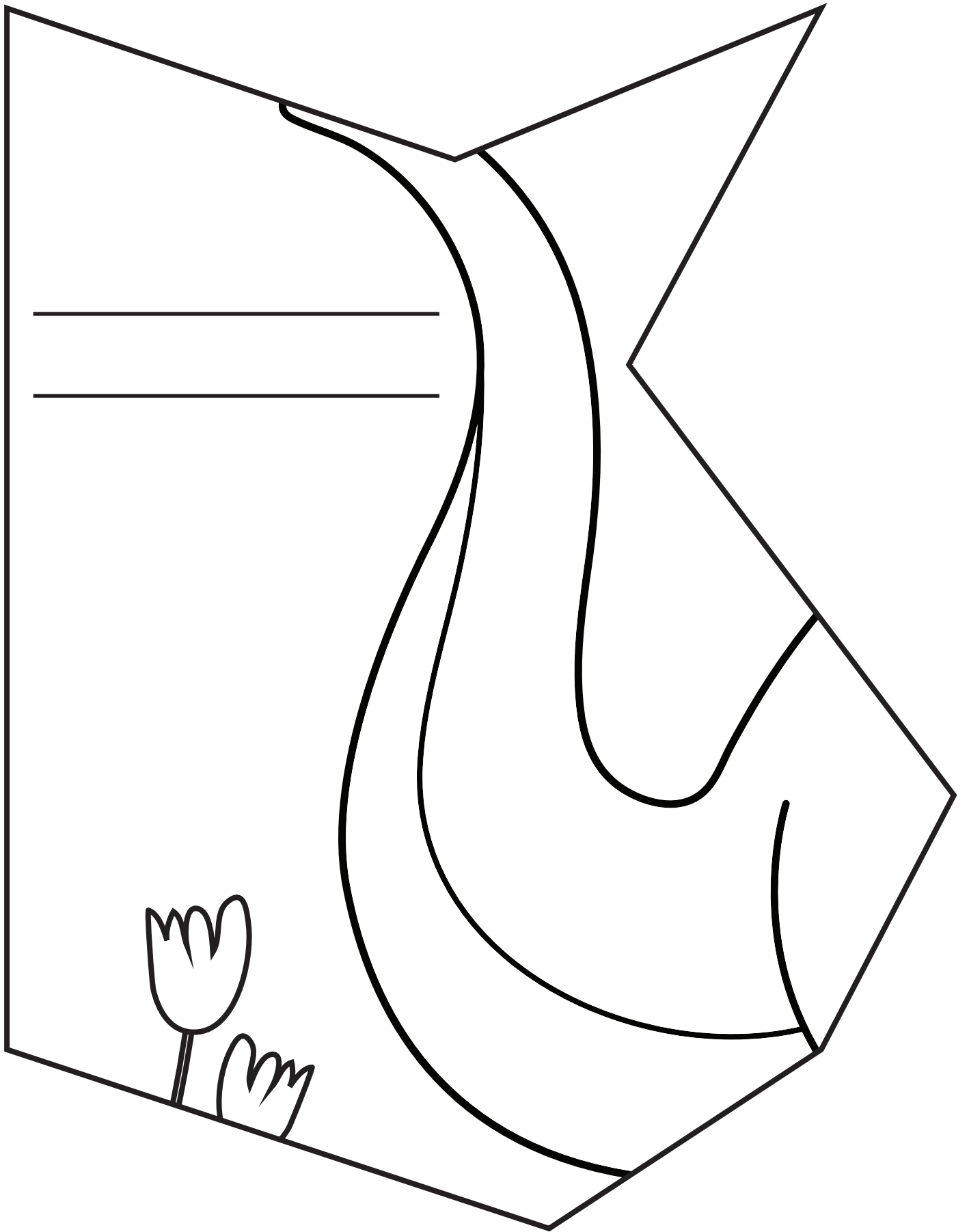
PREPARE

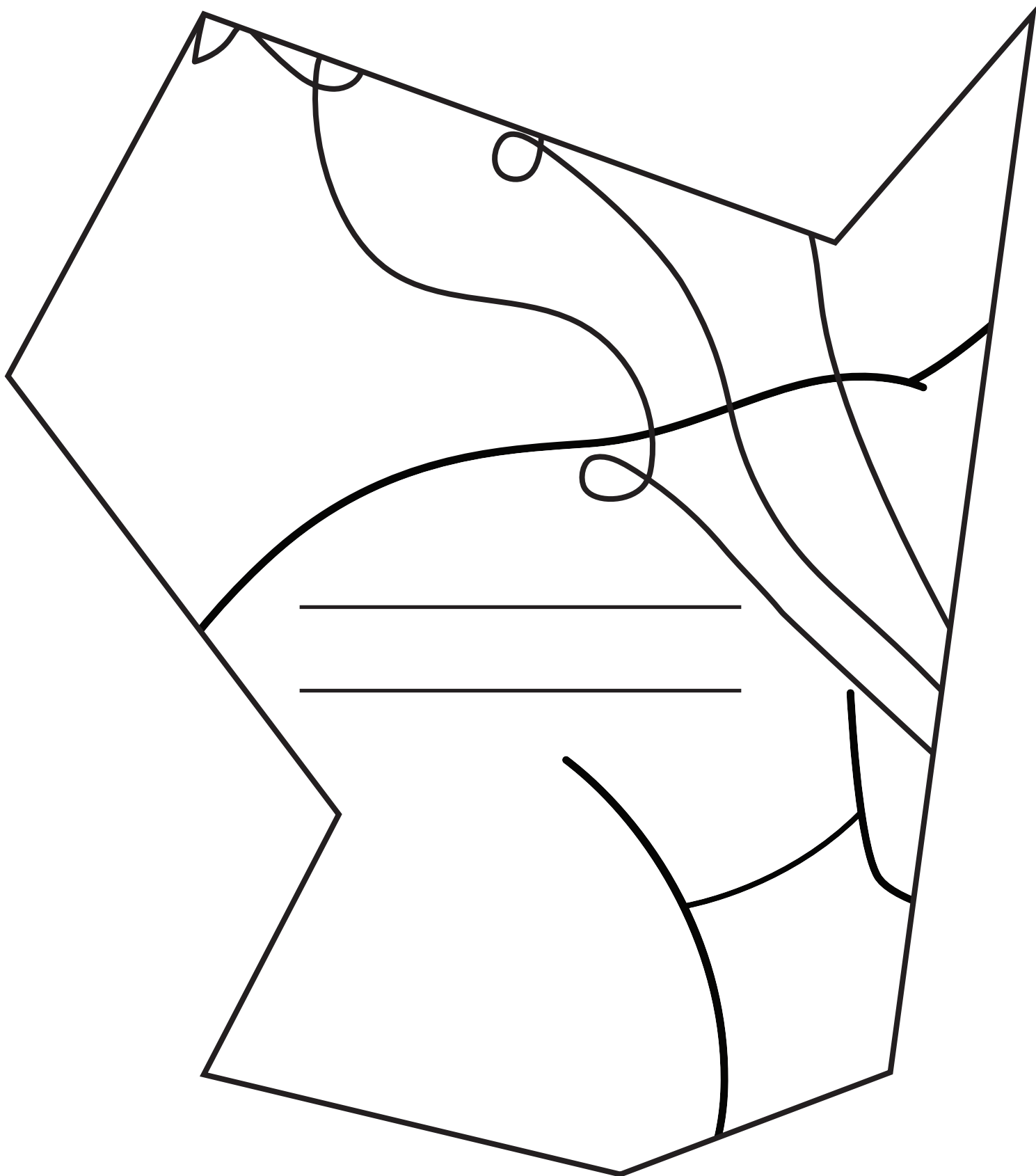
- Print and cut out each of the puzzle pieces
- Designate a spot on the wall to hang the puzzle. The completed puzzle is about 18" X 24".

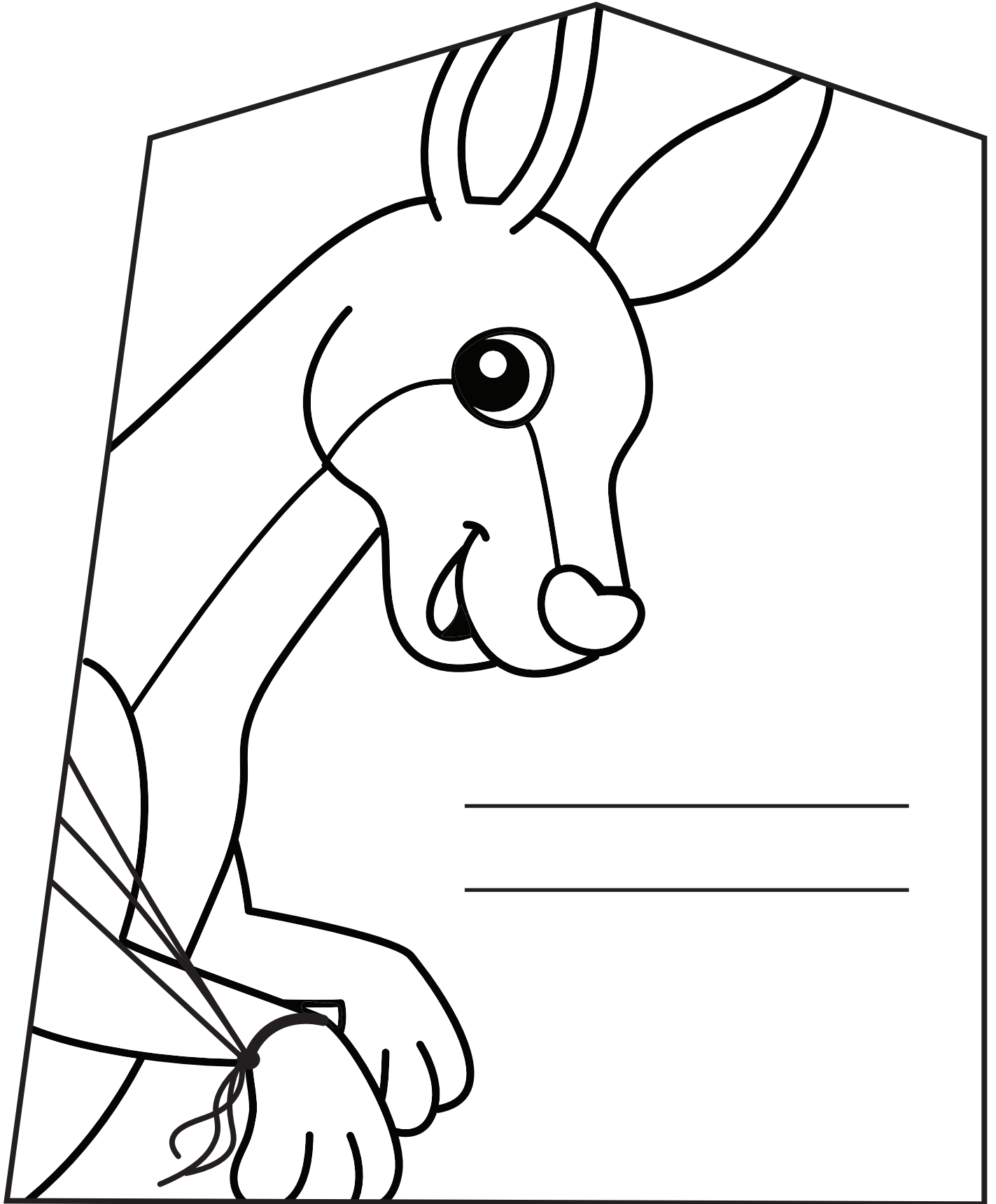


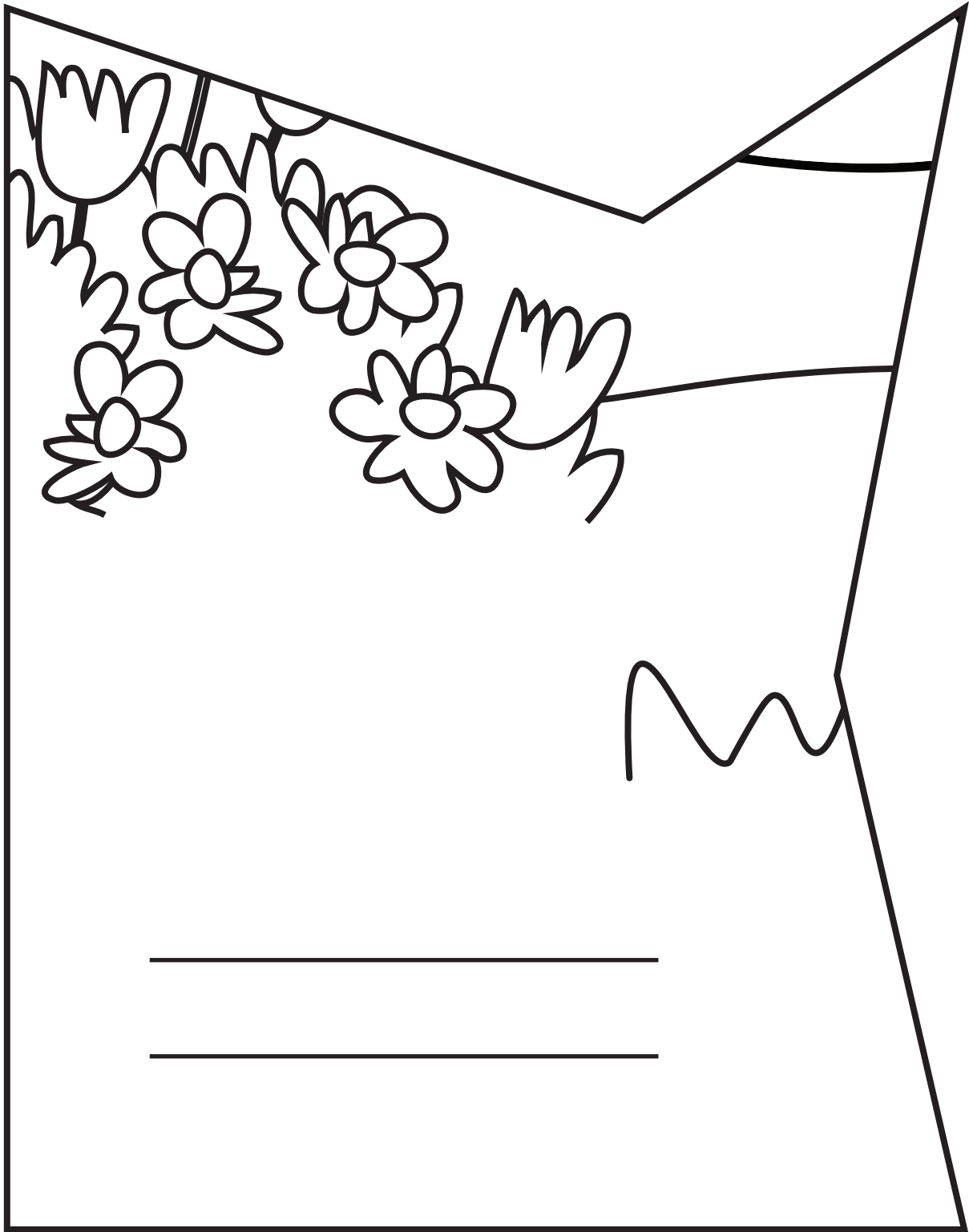




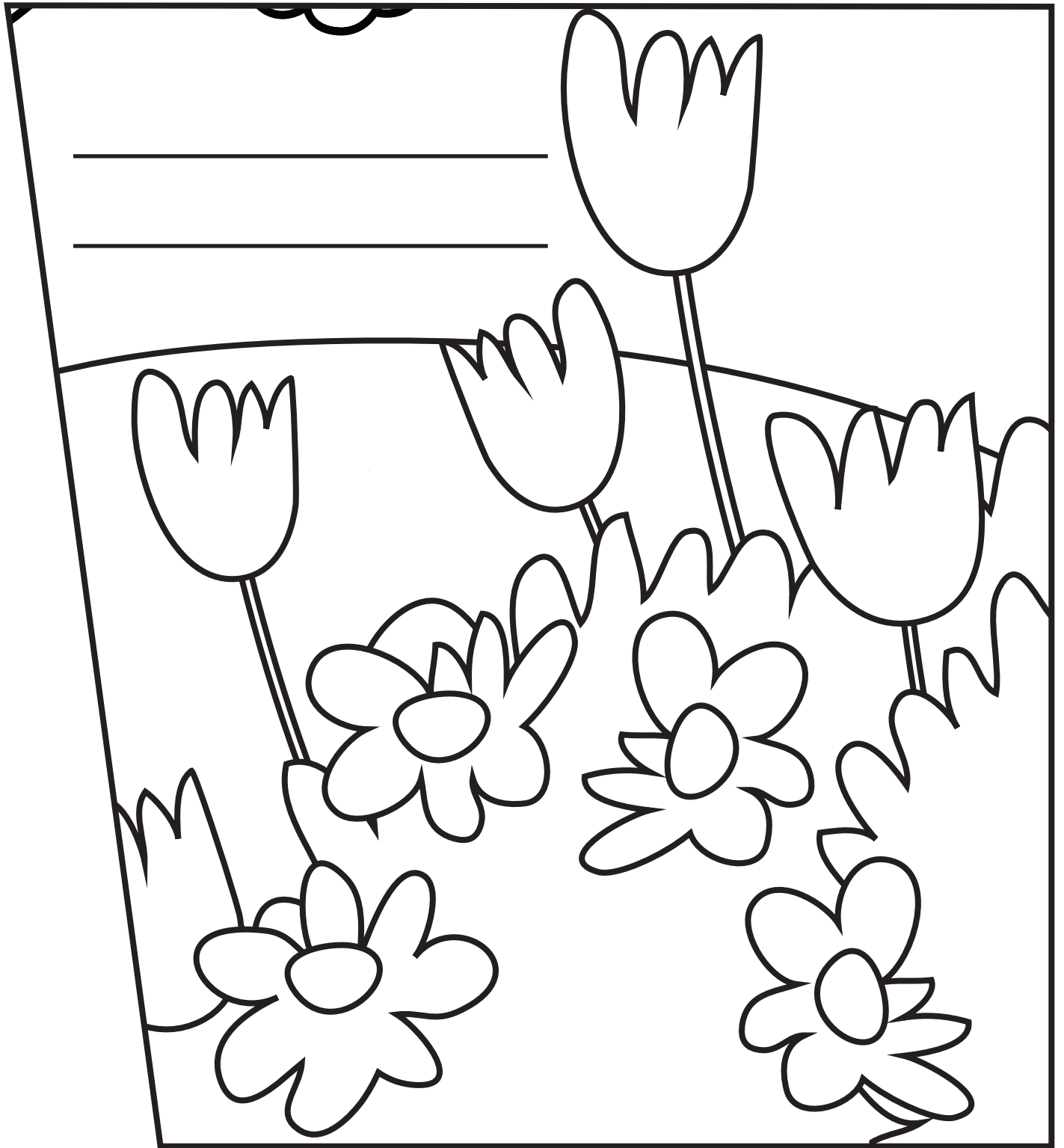












- Create a kindness jar or basket and encourage students to write any kindnesses they witness on a slip of paper and add it to the jar. At the end of each day, read them all aloud and have the students select one to write on a puzzle piece. Start fresh with an empty jar each day until the puzzle is complete.
- At the start of this project, come up with nine (one per puzzle piece) different acts of kindnesses the class can do as a group, such as picking up trash or helping the librarian. Write each act of kindness on one puzzle piece. As the act of kindness is completed, the piece can be colored and added to the wall.

After the class decides what acts of kindness you want to track, establish expectations around tracking the acts of kindness. For example, if students are going to write down acts of kindness they notice, establish that at the end of each day someone will draw an act of kindness from the jar and the one chosen will be added to a puzzle piece. Then explain that the jar will be emptied, and they can start again the next day.

Adding Puzzle Pieces

1. Write the act of kindness on the two lines available on each puzzle piece.
2. Color the puzzle pieces.

NOTE: When it comes to coloring the pieces, decide what will work best for your class. For instance, you could choose to have students split into pairs to each color a piece before starting the project. Alternatively, you could choose a student at random to color the piece after the act of kindness has been written on it and before it's added to the puzzle. Be sure to avoid selecting students based on their participation in the act of kindness chosen – this is not a popularity contest and it is important that all students see themselves reflected in the class kindness project. The more we tell students that they are kind, the more it becomes part of their identity!

3. Add the puzzle piece to the puzzle. For the first piece, we recommend starting with a corner piece. After that, choosing pieces at random will add an extra challenge to completing the puzzle.

Completed Puzzle Image

