



# KINDNESS WITH EVERY STEP

It's not hard to say nice things to others, and yet we really don't do it enough. Kindness costs nothing and it makes people feel good. Play this game to help students understand how easy a compliment is and how good it feels to hear.



## Steps:

Have students pair up and stand across the room from the other person.

Students take turns saying something nice about the other person. Share a memory that makes you happy that the other person was there for. Give them a compliment. Tell them something that makes them a good friend. Remember a time they did something special or great.

For each thing they say, they take a step closer to the other person. When they meet in the middle, feeling closer to one another, have them choose to do something physical to show they care about one another. It can be a hug, a handshake, a high five, a fist bump, WHATEVER!

Talk about how it felt to get those compliments. Did you know the other person thought all those nice things about you? Did you know they remembered all those special moments? Do you feel closer to that person afterward? Is telling people nice things, giving them compliments, and talking about ways they are special, something you can do more often? Why don't we do that all the time already?

Mix up the pairs and do it multiple times throughout the year to have students get closer to one another, and build friendships with different people in the class.