

Secret Kindness Buddy Game

In this exercise children are asked to reach into a bowl and pick out a slip of paper with another child's name on it. (Make sure they don't choose their own name.)

The name they have chosen becomes their Secret Kindness Buddy for one week.

RULES:

1. Don't tell ANYBODY whose name you picked. Not even your best friend!
2. Leave nice notes or do nice things for them without them knowing it was you!
3. You can trick your person by being especially nice to other people!
4. On the last day the secret admirers are revealed!

Secret Note Ideas:

It's nice to write compliments about what your Kindness Buddy looks like but it is especially nice to write compliments about their character or skills.

It nice to write a note that reads:

Have a nice day! Life is good! Today is a good day!

I like you because _____

(You can find downloadable page of "I like you because" notes at www.jirinasjourney.com in the Educator's Section

Write a good wish for your Secret Kindness Buddy.

After one week, have the students reveal who their Secret Kindness Buddy is.

Discussion Questions:

1. How did you feel knowing you had a secret admirer?
2. How did it feel to be the secret admirer?
3. Did you figure out who your secret admirer was? If so, how?
4. What do you think would happen if everybody did nice thing for others without letting them know who did it?