

Kindness Discussion Cards

Ask-Ask-Switch

- Each student is given a task card/statement card/discussion question card.
- Students stand up and find partners.
 - Hand up → Find someone else with hand up → High five → Hands down
 - If first time doing this activity, model this part and do some think alouds and "what ifs." For example "What if I really want to be partners with my friend Ben but he's on the other side of the room, what do I do?" (I don't go run to him, I find someone closer!) "What if I want to be partners with Mya but she's partnered with David, do I go stand by them and wait for them to be done?" (No! I don't want to waste my time, I find someone else) "What if Alex asks to be my partner but I don't like her, do I just tell her no?" (Nope, I nod and say "ok" because I know we'll only be partners for a couple minutes.)
- Student A reads their card/asks their question. Student B answers/responds. Student A responds "I agree", "Great answer", "Thank you", or even just "Ok." Student B reads their card/asks their question and Student A answers/responds. Student B responds (see previous). They switch cards.
- Students find new partners and repeat.
- Continue as time allows!

BE
KIND

BE
KIND

BE
KIND

BE
KIND

BE
KIND

BE
KIND

Think of someone
you know that is
very kind. What
do people think
of them?

Do you need
to be an
expert or a
genius to be
kind?

Does it cost
anything to be
kind?

How much
time does it
take to be
kind?

How do you
feel after
you've done
something
kind?

How do you
show kindness
to your
parents?

(actual resource includes 30
discussion question cards plus a
set of blank cards)

BE
KIND

BE
KIND

BE
KIND

BE
KIND

BE
KIND

BE
KIND

How do you
show kindness
to animals?

How do your
parents show
kindness to
you?

How do you
show kindness
to your
classmates?

How do your
classmates
show kindness
to you?

How do you
show kindness
to your
brothers or
sisters?

How do your
brothers or
sisters show
kindness to
you?

PREVIEW
(actual resource includes 30
discussion question cards plus a
set of blank cards)

the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

