

# Kindness Jar

When we are kind to others, we practice inclusiveness. Our kind words and actions help them to feel welcome and included. This project focuses on highlighting kindness in each individual in the class (yes, even you, the teacher!) by the creation of a kindness jar.

## Inclusiveness Sub-Concept(s)

Kindness

## Project Timeframe

25-30 minutes

## Required Materials

- small pieces of paper
- pencils
- clear jar
- glue

## Step 1:

Create your kindness jar. This can be as simple or complex as you desire based on your time and creative expertise! Make sure you label it with “kindness jar” in some fashion.

## Step 2:

Explain that this week will be focused on highlighting all of the kind words and actions we see and hear in our classroom. Every morning, each person will select a name of a fellow student or the teacher and receive a piece of small paper. Their task is to “catch” that person saying or doing something kind that day. Once they see a kind deed, they will write or draw it on the paper, add the person’s name on the back, and place it into the kindness jar.

## Step 3:

To help the students remember to write down their kindness note, ask students if they have completed their note as an exit question before recess or lunch dismissal.

## Step 4:

At the end of each day, allow 2-3 minutes for everyone to write their kindness note if they haven’t already. Once you have all of the kindness notes in the jar, read each one aloud and give it to the person identified. Repeat this activity every day for an entire week!



DESIGNATED BY CASEL  
AS A RECOMMENDED  
PROGRAM FOR SOCIAL  
AND EMOTIONAL  
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL’s SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL’s criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL’s highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

**RANDOM ACTS OF KINDNESS**  
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