

# K is for kindness



Community  
action



30 mins



Give it a go



## Aim of activity

Small acts of kindness can have a big impact on the people around you. In this fun and silly game, you'll come up with 26 random acts of kindness – one for every letter of the alphabet!

## What you'll get out of it

- Reflect on the impact of your actions.
- Be inspired to show kindness in your local community.

## What you'll need

- A3 paper, 1 sheet per Patrol
- Pens or pencils
- Sticky tack or masking tape
- Marker pens, 1 per Patrol



WE DISCOVER, WE GROW

**Girlguiding**



A **random act of kindness** is an action that you do for someone else or for the world around you, without being asked, and for no other reason than to be kind. Kindness is contagious! See if you can pass it on and start a kindness revolution in your local area.

## Before you start

Your leader will hide the marker pens (one per Patrol) somewhere in the meeting space.

## What to do

- 1** Get into your Patrols and take a piece of A3 paper and a pen or pencil.
- 2** Write the alphabet down the long, left-hand edge of your paper. Stick the sheet of paper onto a wall at a level where everyone in your Patrol can reach it. Sit together next to your paper.
- 3** A marker pen for each Patrol is hidden somewhere in the room. Nominate a member of your Patrol to be player one. When your leader calls 'Go!' player one from every Patrol must find a marker pen and bring it back to her team as quickly as possible.
- 4** Player one must then approach the paper and pick a letter of the alphabet. They need to come up with a sentence describing a random act of kindness that benefits your local community and starts with their chosen letter. For example, for the letter B, you could write: 'Bake a cake to share with friends!'

## Top tip

If you need a hint, your team can mime suggestions to you, but no talking is allowed!

- 5** As soon as player one has done this, they hand the pen to a different player and assign them another letter. This player must now come up with a new random act of kindness that begins with that letter, and add it to the paper.

## Top tip

As you reach the trickier letters, you'll have to get really creative with the way you word your answers. For example, the sentence 'Put some money in a charity collection pot' could be rephrased to begin with 'Donate money...' for D, or 'Give some money...' for G.

For the letters X, Y and Z, your acts of kindness only need to include the letters somewhere in the sentence, rather than beginning with them!

- 6** Keep going, passing the pen and assigning letters until the whole alphabet is complete. The winning Patrol is the first to finish.

- 7** Come together as a unit and compare your lists. Are there any acts of kindness that you could safely and easily do during your day-to-day life? Choose one act of kindness that you'll each try this week.

## Take it further

If this activity has inspired you to start a kindness revolution, why not challenge your unit to complete a number of different acts of kindness in a set amount of time?