



Kindness Matters

Learning Targets

- Identify ways to spread kindness
- Understand how kindness helps others and yourself

Standards

- UN SDG 16 – Peace, Justice and Strong Institutions
- NFTE Entrepreneurial Mindsets – Comfort with Risk; Communication & Collaboration

Age Range

- 2nd grade and up

Time Commitment

- 30-45 minutes



You never really know what someone else is going through. A little bit of kindness can go a long way, especially when faced with anger or meanness. Part of being a philanthropist means you learn how to love people, even when you don't know them that well or they aren't your best friends. Doing something kind can be very simple but can make a big difference for someone else.

Your Challenge

Our world has a lot of challenges right now, so many people can act angry or mean. When you show kindness to someone else, it doesn't have to cost you anything, but can make the world a better place.

How can you show kindness toward others? How can you intentionally look for people who need kindness? Notice how you feel when you practice kindness, do you feel even better yourself?

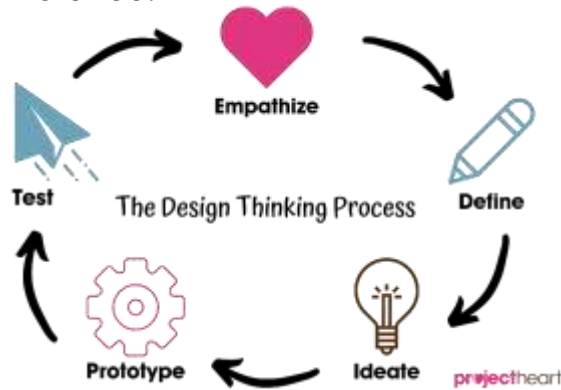
What more can be done? Can you and your friends start a kindness campaign in your school or neighborhood? Can you host an event to get more people involved? Can you persuade more people to commit to acts of kindness regularly?

Helpful websites could be

- <https://www.randomactsofkindness.org/>
- <https://kindness.org/>
- <https://butfirstjoy.com/ways-to-be-kind-to-others/>
- <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-art-of-kindness>
- <https://www.health.harvard.edu/blog/the-heart-and-science-of-kindness-2019041816447>

Getting Started

To effectively create change, you need to follow a plan of action. We use the Design Thinking Process to help us better understand the problem we see and walk us through steps to creating a plan to make a difference!



The Design Thinking Process



Empathize

To **empathize** means to understand and share the feelings of another. As it relates to the design thinking process and [Project Heart](#), to empathize specifically means to learn about the audience or group that you wish to impact.



Define

Define means to share your problem statement with others. As it relates to Project Heart, the define stage of design thinking means you've thought about your personal passions and how to apply the 3Ts of your group to make a greater social impact. The define state helps you clearly state the need or problem so others can understand.



Ideate

To **ideate** means to form an idea, thought or concept. As it relates to the design thinking process, to ideate specifically means to brainstorm ideas based on what you have learned about your target audience and the point of view or problem statement you have defined. Related to Project Heart, your ideas should also incorporate the specific time, talent and/or treasure that you wish to contribute.



Prototype

To **prototype** means to model or create an example. As it relates to the design thinking process, to prototype specifically means to execute one or more of your ideas.



Test

To **test** means to check the quality, reliability or performance of something. As it relates to the design thinking process, to test specifically means to gain feedback on your prototype from your target population.

Activity

Use the spaces below to work through the design thinking process.

Tips: To build empathy, do some research and potentially interview experts in the field (some of the articles listed above include research). Discover ways that work for you and your friends to practice kindness.

When you've decided on your prototype idea, remember to access the Illumination Fund for materials funding or a matching donation. Remember, donations can be matched to fundraising dollars, but you can also monetize your time and talents for this ask!

<https://myprojectheart.org/illumination-fund>



Empathize



Define



Ideate



Prototype



Test

Reflect