



Access English Centre  
Immigrant Centre Manitoba  
High Beginner Level Activity Plan  
*Random Acts of Kindness*  
90 minutes



**Objective/Goal:**

Gives the opportunity for participants to brainstorm "random acts of kindness" ideas and consider the consequences for each idea.

**Materials:**

Participants need:

- index cards (set of 20) per small group
- markers/pencils for each group

Facilitator needs:

- whiteboard
- whiteboard markers
- Attachment #1: "random acts of kindness" cards (cut and paste onto index cards)
- a set of index cards
- computer (with internet access)
- projector
- screen

**Procedure: (Warm-up)**  
**15 minutes**

Before the Activity:

Optional: **Have** the projector ready to display on the screen:

<http://www.cbc.ca/news/canada/manitoba/story/2012/12/12/mb-pay-it-forward-manitoba-acts-kindness.html>

1:54

A Winnipeg woman explains and demonstrates "Random Acts of Kindness". Her organization: **Pay It Forward MB** encourages good feats.

- 1) **Gather** the participants together.
- 2) **Explain** to the participants that they will brainstorm ideas together.
- 3) **Define or go over "kindness"**-  
"a state of being generous and patient"
- 4) **Define or go over "random acts of kindness"**-  
"spontaneous or planned selfless acts of generosity to help or cheer up (usually) complete strangers"

5) Optional: **View** "Random Act of Kindness" videoclip-

<http://www.cbc.ca/news/canada/manitoba/story/2012/12/12/mb-pay-it-forward-manitoba-acts-kindness.html>



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6) Facilitator will **give** an example.

*Ex.: Opening a door for the next person behind you.*

7) **Brainstorm/ think up** of other ideas together.

8) Optional: **Write** their ideas on the whiteboard.

9) **Explain** to the whole group that they will be divided into smaller groups of 3.

10) **Give** a set of index cards to each group.

11) **Choose** 1 person to be the "writer", write their ideas down on index cards.

12) **Give** the small groups 10 minutes to write down their ideas.

13) If there is time, have a whole group discussion when everyone **shares** their examples.

**Extension Activity:**

\* *An Extension Activity is an alternative or extra activity that can be done to supplement an activity when there is extra time. It can also be done in the next class as a review of previous vocabulary or conversation.*

A. For research, check out the following websites:

<http://www.goodhousekeeping.com/health/wellness/acts-of-kindness>

<http://www.wikihow.com/Practice-Random-Acts-of-Kindness>

<http://loveistheword.org/101-random-acts-of-kindness/>  
(101 "List of Random Acts of Kindness")



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**Objective/Goal:**

Gives an opportunity for participants to build problem solving skills and share ideas with each other.

**Materials:**

Participants need:

- a set of cards per each small Group  
(their own and pre-made cards:  
Attachment #1 and Attachment #2)

Ex. 4 sets for 4 small groups

Facilitator needs:

- whiteboard
- whiteboard markers
- desk bell

**Procedure: (Work-out)**  
**60 minutes**

**Before the Activity:**

**PART A** (35 minutes):

- 1) **Gather** the small groups from the warm-up activity together facing the whiteboard.
- 2) **Explain** to the small groups to take their cards and write beneath where/the location of the "Random Acts of Kindness" occurs.
- 3) **Give** them 10 minutes.
- 4) **Collect** the cards back. You can **add/shuffle** them to attachment #1 cards.
- 5) **Divide** the whole group into 2 teams.
- 6) **Have** the 2 teams sitting and facing each other.
- 7) **Have** the teams come up with team names. **Write** the team names on the whiteboard.
- 8) The facilitator **explains:**  
**Decide** who goes first. (1 volunteer from each team) For example using



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one of the following procedures:

- **Guess** the correct number (facilitator thinks of a number between 1-10, the participant who guesses the correct number- goes first or
- "Rock, Paper, Scissors" (Choose 1 person from each team to play-the winner, has his/her team go first.)

10) The facilitator **reads** the card (the top phrases-in **boldfaced**) and **asks** to name a "Random Act of Kindness" done at this location.

Ex. Facilitator says: "**At a supermarket**"

11) The player **discusses** with his/her group members and gives a response.

Ex. Player answers, "*I would let the person behind me go in front of me at the checkout counter because they have fewer groceries.*"

12) If the response is the same as the card. The team is **awarded** 2 points.

13) If the answer is different but is acceptable by the facilitator's standards. **Award** the team 1 point.

14) The teams **take** turns with each other.

15) The team with the most points- "**WINS**"!

**PART B(25 minutes):**

16) **Play** the game again but ask about location based on the "Random Act of Kindness".

17) **Read** from attachment #2 cards and read the "Random Act of Kindness".

18) **Explain** to the teams that they must guess correctly where does it take place.

Ex. The facilitator **reads** the "Random Act of Kindness" card.

Ex. Facilitator **says**: "*I would give up my seat so that an elderly man with a cane can sit down.*"

Ex. The player **discusses** with his/her group members and **gives** a response.

Ex. Player **answers**, "*On a bus*"

19) The facilitator **confirms** the answer which **matches** the answer on the card. The facilitator says, "**Correct!**"

20) If the response is the same as the card. The team is **awarded** 2 points.



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- 21) If the answer is different but is acceptable by the facilitator's standards. **Award** the team 1 point.
- 22) The teams **take** turns with each other.
- 23) The team with the most points- "**WINS**"!
- 24) **Decide** who goes first. **Read** the card.

**Extension Activity:**

- *An Extension Activity is an alternative or extra activity that can be done to supplement an activity when there is extra time. It can also be done in the next class as a review of previous vocabulary or conversation.*
- A. The game can be timed and made into a time elimination game. Give each team only 2 minutes to guess the descriptor. Once they come up with the response-be the first team to ring the bell. If the response is correct-the team is awarded a point. The other teams that fail to ring in-loses a point. The team with the most points-"WINS"!



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**Objective/Goal:**

Gives participants an opportunity to think creatively and share their interpretations of particular "Random Act of Kindness".

**Materials:**

Participants need:

- index cards
- pencils/markers per person

Facilitator needs:

- whiteboard
- whiteboard markers
- computer(with internet access)
- projector
- screen

**Procedure:(Cool – Down)**  
15 minutes

**Before the Activity:**

Optional: **Preview** "Random Acts of Kindness"

Videoclip:

[http://www.youtube.com/watch?v=SaHFj\\_68cKs](http://www.youtube.com/watch?v=SaHFj_68cKs)

3:28

-short melody featuring cute animals and people in different "Random Acts of Kindness" scenarios.

- 1) **Divide** the whole group into small groups of 4.
- 2) **Give** each group a set of index cards(20 cards) and markers/pens.
- 3) Each participant **writes** "Random Act of Kindness" suggestion for each of their team members.
- 4) **Encourage** original suggestions, if they have difficulty then they may use the ones discussed earlier.
- 5) The team member **takes** the cards home and is encouraged to try the "Random Acts of Kindness" suggestions.
- 6) **Discuss** as a whole group in the next class.
- 7) Optional : **Play** video clip(3:28 ).

[http://www.youtube.com/watch?v=SaHFj\\_68cKs](http://www.youtube.com/watch?v=SaHFj_68cKs)  
\*Participants are encouraged to sing along this short melody about "Random



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Acts of Kindness".

8) **Play** once. Participants **listen**.

9) **Play** twice. Encourage the participants to **sing** along. Words are featured on the videoclip.

**Extension Activity:**

A. The small groups can share their suggestions with the whole group.



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**Attachment #1: Random Acts of Kindness Activity Plan**

<ul style="list-style-type: none"><li>• <i>At Tim Horton's</i></li></ul> <ol style="list-style-type: none"><li>1. Pay for someone's coffee.</li></ol>	<ul style="list-style-type: none"><li>• <i>On a bus</i></li></ul> <ol style="list-style-type: none"><li>2. Pay for someone's bus fare.</li></ol>
<ul style="list-style-type: none"><li>• <i>At a department store ex. The Bay-you like her purse</i></li></ul> <ol style="list-style-type: none"><li>3. Compliment a stranger.</li></ol>	<ul style="list-style-type: none"><li>• <i>After a wedding</i></li></ul> <ol style="list-style-type: none"><li>4. Send thank-you notes.</li></ol>
<ul style="list-style-type: none"><li>• <i>At a store</i></li></ul> <ol style="list-style-type: none"><li>5. Hold the door for someone.</li></ol>	<ul style="list-style-type: none"><li>• <i>At a parking lot</i></li></ul> <ol style="list-style-type: none"><li>6. Take a stray shopping cart back to the store.</li></ol>





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<ul style="list-style-type: none"><li>• <i>From Tim Horton's to work</i></li></ul> <p>7. Bring doughnuts or dainties to work.</p>	<ul style="list-style-type: none"><li>• <i>In public</i></li></ul> <p>8. Smile at people rather than frown.</p>
<ul style="list-style-type: none"><li>• <i>At a hospital waiting room</i></li></ul> <p>9. Give hugs to people who look like that they need a hug.</p>	<ul style="list-style-type: none"><li>• <i>At neighbour's door</i></li></ul> <p>10. Help your neighbours with their heavy groceries.</p>
<ul style="list-style-type: none"><li>• <i>At the Salvation Army</i></li></ul> <p>11. Give warm mittens, jackets, and blankets to the homeless.</p>	<ul style="list-style-type: none"><li>• <i>At neighbour's or aunt's home</i></li></ul> <p>12. Offer free babysitting services to a stressed-out neighbour or relative.</p>



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<ul style="list-style-type: none"><li>• <i>At a parking meter</i></li></ul> <p>13. Place extra money in the parking meter.</p>	<ul style="list-style-type: none"><li>• <i>At Superstore</i></li></ul> <p>14. Give your grocery cart to the next customer.</p>
<ul style="list-style-type: none"><li>• <i>At Superstore</i></li></ul> <p>15. You give your extra shopping bag to the customer behind you.</p>	<ul style="list-style-type: none"><li>• <i>At work</i></li></ul> <p>16. Invite all your co-workers to lunch.</p>
<ul style="list-style-type: none"><li>• <i>At Winnipeg Harvest</i></li></ul> <p>17. You give your extra garden vegetables to the food bank.</p>	<ul style="list-style-type: none"><li>• <i>At home or school</i></li></ul> <p>18. Use less plastic.</p>



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<ul style="list-style-type: none"><li>• <i>On the bus</i></li></ul> <p>19. Give up your seat on the bus or train.</p>	<ul style="list-style-type: none"><li>• <i>From your home to your friend's house</i></li></ul> <p>20. Make a music CD for your friend of his/her favourite songs.</p>
<ul style="list-style-type: none"><li>• <i>Outside</i></li></ul> <p>21. Walk, ride a bike, or take transit to work or school.</p>	<ul style="list-style-type: none"><li>• <i>From co-workers' homes to the workplace</i></li></ul> <p>22. Car pool your co-workers to work.</p>
<ul style="list-style-type: none"><li>• <i>At a park</i></li></ul> <p>23. Put litter in the garbage can.</p>	<ul style="list-style-type: none"><li>• <i>At the Immigrant Centre</i></li></ul> <p>24. Volunteer.</p>



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<ul style="list-style-type: none"><li>• <i>To the Canadian Diabetes Association</i></li></ul> <p>25. Donate your clean, gently-used clothes.</p>	<ul style="list-style-type: none"><li>• <i>To a book sale</i></li></ul> <p>26. Donate your old books to an organization.</p>
<ul style="list-style-type: none"><li>• <i>At the bus stop</i></li></ul> <p>27. Talk to a friendly stranger.</p>	<ul style="list-style-type: none"><li>• <i>At school then to Second Cup</i></li></ul> <p>28. Invite your new classmate to coffee.</p>
<ul style="list-style-type: none"><li>• <i>At the school's cafeteria</i></li></ul> <p>29. Always clean after yourself- don't litter.</p>	<ul style="list-style-type: none"><li>• <i>Anytime when appropriate</i></li></ul> <p>30. Compliment often.</p>



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**Attachment #2: Random Acts of Kindness Activity Plan**

<p>1. You leave a note in your child's lunch wishing him/her a good day.</p> <p>➤ <b>In the lunchbox</b></p>	<p>2. You buy your co-worker lunch.</p> <p>➤ <b>At Olive Garden</b></p>
<p>3. You leave some loonies and toonies at the washing machines.</p> <p>➤ <b>At the laundry mat</b></p>	<p>4. Place some change in the tip jar.</p> <p>➤ <b>At the coffee shop</b></p>
<p>5. You volunteer to clean the whiteboard or chalkboard.</p> <p>➤ <b>At school</b></p>	<p>6. You mow and landscape your neighbour's...</p> <p>➤ <b>lawn</b></p>



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<p>7. You see an elderly woman cross a street, you offer your hand.</p> <p>➤ <b>At the crosswalk</b></p>	<p>8. You tell your parents how much you love and appreciate them.</p> <p>➤ <b>At home or your parents' home</b></p>
<p>9. You wash dishes or load the dishwasher.</p> <p>➤ <b>At home</b></p>	<p>10. You empty your tray at the mall.</p> <p>➤ <b>At the food court</b></p>
<p>11. A stranger in front of you drops his/her mitten on the ground. You hand it back to him/her.</p> <p>➤ <b>At parking lot</b></p>	<p>12. You pay for a family's holiday picture. first.</p> <p>➤ <b>At shopping mall</b></p>



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<p>13. Be more patient.</p> <p>➤ <b>At the grocery line</b></p>	<p>14. Buy lunch for your friend.</p> <p>➤ <b>At his/he favourite restaurant</b></p>
<p>15. Use good manners-always say “please” and “thank-you”.</p> <p>➤ <b>At a restaurant</b></p>	<p>16. Wait for your family member or co-worker, never leave him/her behind.</p> <p>➤ <b>At home or work</b></p>
<p>17. Give a toonie to the “squeegee kids”(street window washers) the next time they approach your car.</p> <p>➤ <b>At the intersection</b></p>	<p>18. Play catch with your dog.</p> <p>➤ <b>At the park</b></p>



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<p>19. Leave some change.</p> <p>➤ <b>At a snack vending machine</b></p>	<p>20. Yield to a car trying to get in your lane provided that the driving conditions are safe.</p> <p>➤ <b>On the street</b></p>
<p>21. Give flowers to the secretary.</p> <p>➤ <b>At work</b></p>	<p>22. Leave food coupons on grocery shelves</p> <p>➤ <b>At the grocery store</b></p>
<p>23. Ladle punch into glasses at the next social function.</p> <p>➤ <b>At a social</b></p>	<p>24. Pass out plates and cutlery to the people behind you</p> <p>➤ <b>At a potluck dinner</b></p>





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<p>25. Always put the toilet seat down for your spouse.</p> <p>➤ <b>At home</b></p>	<p>26. Change the kitty litter.</p> <p>➤ <b>At home</b></p>
<p>27. Take out the garbage.</p> <p>➤ <b>At home</b></p>	<p>28. Give a friendly-looking stranger a boost if his/her car stalls.</p> <p>➤ <b>At a parking lot</b></p>
<p>29. Take your dog out for a walk</p> <p>➤ <b>Down your block</b></p>	<p>30. Cheer up your co-worker by telling him/her a funny but appropriate joke</p> <p>➤ <b>At the workplace</b></p>