



# Kindness Carousel: Messages of Connection and Kindness

**Use this task to build social connection in your classroom.**

**Year:** 3-6

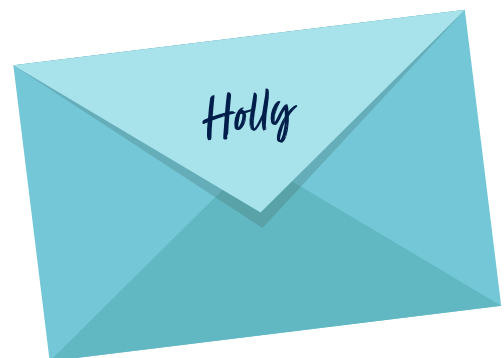
**Curriculum:** AUS V9

This resource integrates elements of Personal and Social Capability, Interpersonal Skills, Ethical Understanding and Speaking and Listening from the English Curriculum.

**Resource Description:** This resource can be used to build positive social connections in your classroom. Students learn the significance of their role in fostering a supportive classroom environment. This task can be completed over a week or two with students adding new messages each day until they have given one to everyone in their class.

Teacher explains the importance of acknowledging each others' strengths and qualities. Discuss and share examples of how others can contribute to your sense of happiness and belonging, such as offering assistance with a challenge, sharing smiles, giving compliments and more. Explain the 'Kindness Carousel' task:

- Provide each student with an envelope for them to write their name on. They could decorate this with things they like, or are good at. Teacher sticks envelopes around the classroom.
- Students write the names of everyone in their class onto a piece of paper like a list. (You could provide students with a class list)
- Next, invite each student to write a kind message about every classmate, highlighting their strengths or recalling acts of kindness they've observed.



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- Students cut out each message. These messages will be kept anonymous. Students place their messages into the envelope for each recipient. Each student will have one message from each of the other students in their class.
- Give each student their envelope containing their messages of kindness. Students read through their messages and may like to share one by reading out loud to the group.
- Encourage students to discuss how these messages of kindness made them feel and how it felt to write these messages.



### Example Messages

Michael helped me carry my things

Karlee is thoughtful towards others

Bree uses kind words

Hunter is a great friend

Layla is patient when she waits for things

Jarvis is good at sport

**Resources Required:** Envelopes, paper clips.

**Resource Objective:** Mental Fitness Focus.

**Most suitable time to integrate this resource:** Use these exercises to help students concentrate, following sport or as a transition or at the end of the day.

**Gotcha4Life Protective Factor link:** Social Connectedness ('Embrace your village')

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