

Conscious Acts of Kindness



Week Two: Being Intentional

Pework Expectation: Watch this video from Maroon 5
[Maroon 5 - Sugar \(Official Music Video\)](#)

Learning Objective: (“Each participant...”)

- Can identify what it means to be intentional.
- Will discuss the importance of strategically being kind to others.

Essential Concept:

Practice leadership skills, and demonstrate integrity, ethical behavior, and social responsibility in all activities.

- *Provide positive encouragement to others*
- *Relate positively to others.*
- *Understand methods to influence others*

Skills Required:

- Relationship Skills
- Social Awareness

Opening question(s):

What kinds of things can create happiness in others?

Or

Is it easy to make those around you happy

Thoughts for Consideration:

When we take the time to be kind to others, it can create a ripple effect. This means that when one person is outwardly kind, others around them are often influenced to be kind themselves. Kindness toward someone else can help that person carry forward kindness to others. Conscious Acts of Kindness work on several other layers as well. Science tells us that our brains become excited during the anticipation phase of events. It's why marketers use a build-up to product launches or events.

When we take the time to think about and plan kindness to someone else, our brains become excited with anticipation and enter a more positive state. Then, we get to deliver that act of kindness; which also makes us happy. So, the last of our five Happiness Advantage tactics provides several opportunities to positively influence our own brains as well as positively impacting the person or persons we've chosen and those around them who experience the act.



Connecting This Lesson To Our Work:

- If we are consciously kind at work, knowing that it can positively influence others, how might that impact our work culture?
- What are some of the challenges you see with being kind while meeting the expectations of a professional work environment?

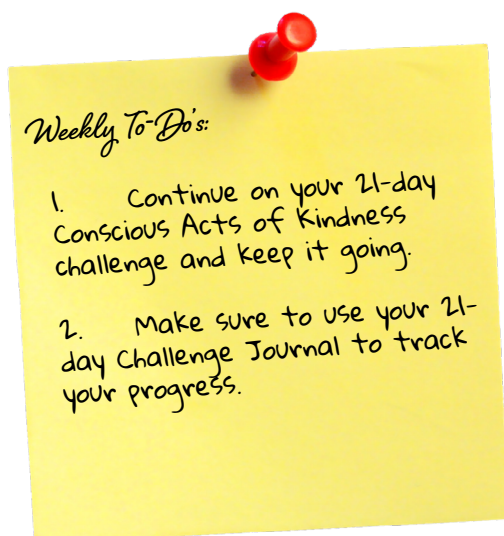
Action:

Today, we are going to try to figure out a way to be kind to someone else. We are going to take some time to decide who to be kind to, but then we are also going to decide what we can do to make them feel appreciated and loved.

Sometimes, figuring out how to be kind is just as important as deciding who we will be kind to. Acts of kindness can be as big as buying a gift, or as small as sharing a smile. While extrinsic tokens of kindness, like gifts or other physical things, can be meaningful, it's intrinsic expressions of kindness that have the longest lasting impacts. What act of kindness will you plan for the person(s) you choose?

Examples:

- Volunteering at a Veterans Home.
- Giving a thank you card to your USPS carrier.
- Baking cookies for the plow truck driver or in your neighborhood.
- Paying for the person's coffee behind you at a Starbucks or other coffee shop.
- Stopping by the shipping department to thank the line workers.
- Sending a video message of thanks to your sales team.



Alternate Discussions:

- What are examples of conscious acts of kindness that you know about from others? (At home, at work, in the news?)
- How does offering conscious acts of kindness feel to you? Is it awkward, fun, joyful?