

Conscious Acts of Kindness



Week Three: Being Kind Feels Good

Pework Expectation: Watch this video from Simon Sinek [The Power of Kindness | Simon Sinek](#)

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

- Can identify why it feels good to be kind to others.
- Will discuss how being kind to others can be rewarding to themselves and 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 does it mean to feel a sense of accomplishment?

Or

What can you do to make you feel a sense of accomplishment?

Thoughts for Consideration:

There are so many good things that happen when we are kind to others. Positive are chemicals released in our brains (oxytocin for example), new relationships are formed, and self-esteem is built. One of the most important things that happens when we are kind to others is that it helps us to feel good too. We learn things about ourselves when we take time out of our day to be kind to others.



Connecting This Lesson To Our Work:

- How will creating conscious acts of kindness on the job influence your work?
- How will being on the receiving end of conscious acts of kindness influence other people you work with?

Action:

Today, we are going to try to figure out what the impact is of creating a Conscious Act of Kindness. We are going to interview someone and develop questions to best decide what happens after a Conscious Act of Kindness has happened.

Participants will be given a chance to develop questions and then determine who they will interview.

Ask participants to reach out to someone they know who has been on the receiving end of a Conscious Act of Kindness. It could've been something big or something small. We want them to interview this person and ask them about how they felt receiving the act, how they'd been feeling prior, and if it's something that's had a lasting impact on them.

Weekly To-Do's:

1. Continue on your 21-day Conscious Acts of Kindness challenge and keep it going.
2. Make sure to use your 21-day Challenge Journal to track your progress.

Alternate Discussions:

- What are typical responses to conscious acts of kindness, both positive and otherwise?
- Are there lasting impacts of receiving a conscious act of kindness from someone?