

MORNING ASSEMBLY · K – GRADE 5

Morning Assembly

Week 3 — Kindness Week

Page 1 — A real story

Tell a true age-appropriate story of kindness from the news this week. Examples: a community fundraising for a family in need, a child returning a lost wallet, a classmate standing up for someone, a teacher going above and beyond. The specific story matters less than the discussion it sparks.

Page 2 — Three truths about kindness

<p>1 — It's contagious</p> <p>Studies show that one act of kindness inspires the receiver to do more kind things. Kindness ripples — much further than we usually realize.</p>	<p>2 — It's free</p> <p>You don't need money to be kind. A smile, holding a door, listening to someone — all completely free, all genuinely valuable.</p>
<p>3 — It changes the giver</p> <p>Doing something kind makes YOU feel better. Researchers have measured this — kindness releases the same brain chemicals as exercise. So in a sense, you're being kind to YOURSELF too.</p>	

Page 3 — This week's challenge

- Compliment three people on something specific (not just 'nice shoes')
- Include someone who's on their own at break
- Help someone without being asked
- Tell a teacher or family member you appreciate them



■ Pick up litter you didn't drop

■ Write a thank-you note to someone you don't usually thank

■ Share something — your snack, your time, your help

Page 4 — Reflect at the end of the week

What was the kindest thing you did? The kindest thing someone did to you? Did anything surprise you?

