

Kindness Challenge Reflection

“We do not learn from experience...
we learn from reflecting on experience.” – John Dewey

As reflection is an important part of the learning process, it's important to allow students the opportunity to think critically about their experience. These reflection questions aim to help students to create meaning from their participation in the Kindness Challenge and to further consolidate their ideas on kindness and empathy.

Student responses can be journal entries, class, or small group discussions. Reflection can also take the form of art, music, poetry, dance, photography, and writing.

Reflection Questions

- How did participating in the Kindness Challenge make you feel?
- What was especially satisfying about doing the Challenge?
- Did you find anything frustrating? What was it?
- Did you find the Challenge easy or difficult? Explain.
- Did you notice other people being kind? What happened?
- Do you think that small acts of kindness make a difference? Why or why not?
- What do you think the world would be like if everyone was kind to all living things?
- What is one thing that you learned from this experience?

