



Wild Ways Kids Academy

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The Ripple Effect: How Kindness Spreads

Objective

Students will understand how small acts of kindness create a ripple effect, influencing others positively.

Age Group

5-12 years

Duration: 30-45 minutes

Materials:

A large bowl or clear container filled with water

Small pebbles or marbles

Paper, scissors, pencils, crayons/coloured pencils

Pillowcase or box

Ask: "Has someone ever smiled at you? How did it make you feel?" "Have you ever done something kind to someone? How did it make you feel?"

Imagine: How does it feel when someone is kind to you?

How does it feel when you are kind to your pet or other animals?

Have students share examples.

Explain: "Just like a drop in water creates ripples, one kind act can spread to many people."

DEMONSTRATION

Fill a clear bowl with water.

Drop a small pebble into the water and have students observe the ripples.

Explain: "The pebble is a kind action. The ripples are the effects that kindness has on others."

Activity: (10-15 min)

Watch this short video

"Kindness Boomerang" video on YouTube for motivational viewing.

https://www.youtube.com/watch?v=nwAYpLVyeFU&ab_channel=LifeVestInside

Give each student a piece of paper

Have them write or draw a kind action they can do right away to show kindness to people, the environment and to animals (e.g., smile at a friend, help a teacher, give an animal fresh water, pick up litter).

Shuffle them up (for example inside a pillowcase or a box).

Let each child choose a random piece of paper and read it aloud.

Ask: "Is this something you think you could do?" "How would you feel if someone did this for you?"

Write responses on the board.

Challenge students: "What is one small act you will do today to start a kindness ripple? Can you do as many kind acts as you can this week?"
