

Kindness reflection

7-25-19

1. Describe a time in life when someone did something very kind for you. How did that make you feel?

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2. Orly Wahba states that her students started feeling powerful as they practiced kindness. How could practicing kindness give someone a sense of power?

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3. What is one big takeaway you get from the video clip regarding kindness? Why is it important?

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4. What are three specific acts of kindness that you might intentionally do in the next 2 weeks? Please list them below; make sure they are varied. (Note: They don't have to be school specific.)

1.

2.

3.