



S1 Acts of Kindness (AOK) Project



Craig Thomson
(Psychologist)

The most common character strengths in young people are:

- LOVE
- KINDNESS
- creativity
- curiosity
- humour

Park & Peterson (2006)



HUMANITY

The family of character strengths that help us to make friends and get along with others, including:

LOVE

KINDNESS and

SOCIAL INTELLIGENCE

When we practise kindness, we...

1) recognise how someone else might be feeling (social intelligence)

2) care; and want to help them feel better (love)

3) demonstrate this through our words and actions (kindness)

WAYS TO PRACTISE KINDNESS

- 1) Give someone a compliment
- 2) Hold a door open
- 3) Make a 'get well soon' card
- 4) Do some housework
- 5) Share a snack
- 6) Visit an elderly relative
- 7) Help another pupil
- 8) Give away old books or games





Haley Joel Osment in 'Pay it Forward' Warner Bros (2000)

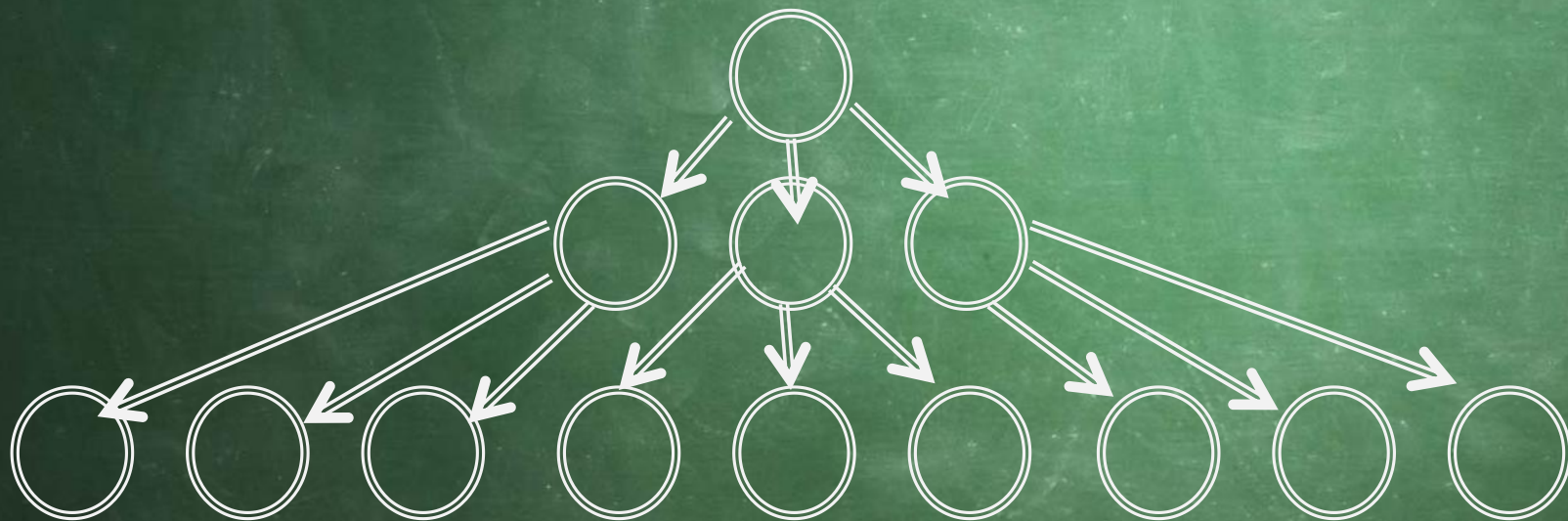
THE MATHS OF 'PAY IT FORWARD'

How many people are helped...

a. ...in the first step? = 3

b. ..in the second step? = 9

c. ...in the third step? =



If the number of acts of kindness is 'N', then:

$$N = 3^x$$

where 'x' is the number of steps on from the first act of kindness.

X	aok
1	3
2	9
3	27
4	81
5	243
6	729
7	2187

Approximately 250 first year pupils at Calderglen High School, so:

$$N = (250)3^x$$

Where 'x' is the number of 'steps' on from the first act of kindness.

X	aok
1	750
2	2250
3	6750
4	20,250
5	60,750
6	182,250
7	546,750

an act of kindness.



Please accept this thoughtful gesture
and recycle the goodwill by helping
someone else.

Be inspired and share your stories
of kindness at:

CharacterStrengths.co.uk







Have a good day.

