

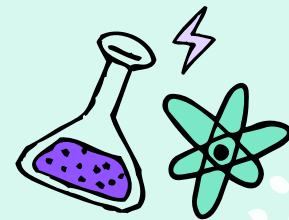
LEARN
KIND

CAN A QUARANTINE STOP KINDNESS?

A Kindness Experiment



This journal belongs to _____





Kindness in Quarantine?

A Kindness Experiment

A lot of things have changed in the last few weeks. You're probably getting used to new routines at home and with school. With so many people staying home to help stop the spread of coronavirus, it made us wonder: **does a quarantine also stop the spread of kindness?**

The Science of Kindness



You've probably heard the word "kindness" all your life. But did you know that kindness can actually be studied? Scientists have studied kindness for years and they have learned that kindness has an effect on our brains, emotions, and even our physical health. Here are a few things scientists have learned:

- 1. Kindness makes you happy.** Studies have shown that kindness not only makes the person receiving the kind act happy, it also makes the person doing the kind act happy.
- 2. Kindness is good for your brain and body.** Studies have shown that doing kind acts can help you feel less nervous or stressed out. It can even lower your blood pressure the way that taking medicine does!
- 3. Kindness can be contagious.** Witnessing a person perform a good deed or kind act increases the desire to also help others.

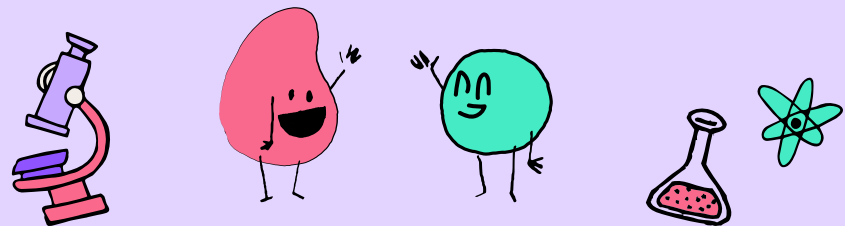
The Experiment



The question is, does kindness have the same effects when we're practicing social distance or under quarantine? Can kindness make us happy even in the toughest times? To find out, we'll have to do what scientists always do in order to learn something new: *conduct an experiment*.

In the following activity, you'll conduct an experiment to test out different kind acts and observe the effect they have on you and on the person receiving them.

Follow the procedure on the next page to complete your experiment.



Step One

First, choose **at least two** kind acts that you want to try. You can try them all if you want!! Place a checkmark next to the acts you want to try.

KIND ACTS BANK

Your Selections	Kind Act
	1. FaceTime or call a senior citizen that you know
	2. Help with a chore that you don't normally do
	3. Send a thank you note to someone who has made a difference for you or others
	4. Put a picture or encouraging note in your front window so those walking by can see
	5. Send a compliment to someone through a written letter or video message

Step Two

Now answer the following questions to predict what will happen. These are your hypotheses.

(Select your answers below)

A. Do you think that being kind to others will make you happy?

Yes

No

B. Do you think that being kind will make the other person happy?

Yes

No
















C. Which act do you think will make you feel happiest?

1. FaceTime or call a senior citizen that you know
2. Help with a chore that you don't normally do
3. Send a thank you note to someone who has made a difference for you or others
4. Put a picture or encouraging note in your front window so those walking by can see
5. Send a compliment to someone through a written letter or video message

Step Three

Conduct your experiment and record your observations in the table below:

- A. Select which act you will complete first and record it in the table
- B. Answer Question 1 before completing your first act
- C. Complete your first act
- D. Immediately answer Questions 2 and 3
- E. Go and do something else
- F. Follow steps a-e for the rest of your kind acts

Observations	Which Act? _____				
BEFORE completing the act: How happy are you right now?	 1	 2	 3	 4	 5
AFTER completing the act: How happy are you right now?	 1	 2	 3	 4	 5
How happy did the other person seem after receiving the kind act?	 1	 2	 3	 4	 5

Observations

Which Act? _____

BEFORE completing the act:

How happy are you right now?



1



2



3



4



5

AFTER completing the act:

How happy are you right now?



1



2



3



4



5

How happy did the other person

seem after receiving the kind act?



1



2



3



4



5

Observations

Which Act? _____

BEFORE completing the act:

How happy are you right now?



1



2



3



4



5

AFTER completing the act:

How happy are you right now?



1



2



3



4



5

How happy did the other person

seem after receiving the kind act?



1



2



3



4



5

Observations

Which Act? _____

BEFORE completing the act:

How happy are you right now?



1



2



3



4



5

AFTER completing the act:

How happy are you right now?



1



2



3



4



5

How happy did the other person seem after receiving the kind act?



1



2



3



4



5

Observations

Which Act? _____

BEFORE completing the act:

How happy are you right now?



1



2



3



4



5

AFTER completing the act:

How happy are you right now?



1



2



3



4



5

How happy did the other person seem after receiving the kind act?



1



2



3



4



5

Step Four

Analyze your data.

Based on your observations, did doing kind acts while quarantined make you feel happy?

Based on your observations, did doing kind acts for others who were quarantined make them feel happy?

Based on your observations, which kind acts made you feel the happiest?
Rank them in order of happiest to least happiest:

- 1.
- 2.
- 3.
- 4.
- 5.

Step Five

Reflect on what this means.

How are you feeling now that you've completed these kind acts?

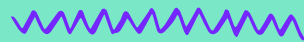


Can a quarantine stop the spread of kindness the way it stops the spread of a virus? Why or why not?



What are some other ways that you can show kindness during the quarantine?





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