

Beavers My World Challenge Award

Do Your Best And Show You Have Kept Your Beaver Promise. Share Or Talk About What You Have
Done With Your Colony Or A Leader

Acts of Kindness®

By Samantha Eagle

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Overview

For this task the children will demonstrate how they've done their best by carrying out acts of kindness over a seven day period. Then they will also make some smilestones.

Preparation Before The Meeting

1. Print out a copy of the 'Acts of Kindness' – found in this document there are two sets on the page you will need 1 for each child

Materials Needed

- None

Directions/Leader Speak

1. **Speak** - The next task you need to do for your 'My World Challenge Award' is to do your best and show how you have kept your Beaver Scout Promise. We are going to do a couple of activities one you will do at home which is going to be 'Acts of kindness over the next 7 days' and the other one is we are going to make some 'Smilestones'. I'll explain about those in a minute
2. **Speak** - First let's remind ourselves of our promise...
I promise to do my best
To be kind and helpful
And to love God.
3. **Action** – handout the acts of kindness to each child
4. **Speak** - Here are 12 acts of kindness. Over the next seven days I want you to choose 7 of these and carry out at least one each day. Let's go through them... The first one for example, is...

"Say hello and smile at an elderly person that you don't know"

5. **Speak** - So that one is easy but it will make someone feel really nice. The next one is...

"Tidy a room in your house without your mum (carer) knowing"

6. **Speak** - This will make your mum feel very proud and happy wouldn't it
7. **Direction** - Now just read out the remaining cards
8. **Speak** - There are 12 acts of kindness in total but you just have to pick 7 of these. When you carry out one of these acts of kindness cut it out and write the day that you did it somewhere on the square. If you get stuck with any of the cards or don't understand it ask a member of your family to help you
9. **NOTE:** If your group is very young you may have to let the parents know what is expected of their child over the next week.
10. **Direction** – Now move onto the 'Smilestones' activity found in document - 05B-Smilestones

Acts of Kindness

Say hello and smile at an elderly person that you don't know	Tidy a room in your house without your carer knowing	Call someone on the phone that you haven't spoken to for a long time maybe a grandparent
Take a snack into school for a friend	Hug five people today	Write something really nice about a member of your family and leave it on their pillow
Pick or make some flowers and leave them on someone's doorstep	Take a bag and pick up 5 pieces of litter	Write a list of what you are grateful for and show it to a friend
Sit down in a quiet place close your eyes and practice absolute silence for 5 minutes.	Give away something to a person less fortunate than you	Sit in a quiet place for 10 minutes and think about all the things you love about your life



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