Kindness Capstone Project Reflection • Day 5

This week we will focus on both group and individual reflection on the Kindness Capstone Project. Students will process the experience on a group level and then create a tangible reflection paper or video that counts toward their final grade.

Weekly Objectives

Students will:
- ❏ Reflect on the entire Kindness Capstone project in a group setting.
- ❏ Create a Reflection paper or video documenting their personal Kindness Capstone project experience.

Resources / Materials

- ❏ **Kindness Self Inventory**

Reflect / Assess

Deliverables:
- ❏ **Completed Kindness Self-Inventory**
- ❏ **Completed Self-Reflection**
- ❏ Daily Participation points

KEEP LOGGING YOUR COMMUNITY SERVICE HOURS!

Share

Discussion Starter:
- ● What do you want next year's Kindness Capstone students to know before they start their projects?

Students need to turn in their self-reflection papers/videos today. They will not be presented due to the personal nature of the assignment.

Inspire

Think back to our first week together, 15 weeks ago. Do you remember that kindness concept self-inventory you took? Perhaps not, so let's review it today. Each of the six kindness concepts is listed and you rated yourself using the following options:

Strong I understand this kindness concept and easily use it in my everyday life
Moderate I understand this kindness concept and have used it on occasion.
Learning This is a new concept for me, but I am open to learning.
Neutral I have never heard of this concept.
Weak I struggle to use this concept in my daily life and need to work on changing that.

Today we will revisit this inventory and then compare our scores from the first week.

Empower

Kindness Self-Inventory:
- ● Provide a copy of the Kindness Self-Inventory below.
- ● Allow 5-7 minutes for students to complete it.
- ● Ask students to refer to the original self-inventories they completed at the beginning of the semester.
- ● Allow students an additional 5-7 minutes to compare the results with the two self-inventories.

Add to your Reflection:
- ● Which kindness concept shows the most growth? (Compare to your first self-inventory results.)
- ● Do you agree with your results? Why or why not?
- ● Which kindness concept would you like to continue working on even after this class ends? Explain your answer.

Kindness Self-Inventory

Directions: Read each statement and rank yourself honestly on a scale of 1-5, with 1 being rarely or never, and 5 being always or consistently. It's important that you take the time to answer truthfully after giving yourself time to reflect on each statement. This is a personal inventory and the results do not have to be shared with anyone directly.

After you rate yourself under each concept, add up the scores and divide by three. This is the number you will shade on your kindness inventory handout (below).

Kindness Concept #1—Respect

Statement	Self Rating (1-5)
I treat myself with self-respect daily, including my thoughts and actions.	
I treat others with respect daily, including my thoughts and actions.	
I am quick to change my behavior if I notice I am being disrespectful.	

Add up all three columns and divide by 3. This is your Respect Score =

Kindness Concept #2—Caring

Statement	Self Rating (1-5)
I make time daily to provide myself with quality self-care, physically and mentally.	
I care for others and the community through helpfulness, compassion, and empathy.	
I seek others out to extend my gratitude when I receive something positive from them through words or action.	

Add up all three columns and divide by 3. This is your Caring Score =

Kindness Concept #3—Inclusiveness

Statement	Self Rating (1-5)
I value others that are different from me and seek to honor them through my words and actions.	
I use my words and actions to improve inclusiveness in areas it may be lacking in my school and community.	
I stand up for others who are being excluded and work to help them feel part of the group, school, and community.	

Add up all three columns and divide by 3. This is your Inclusiveness Score =

Kindness Concept #4—Integrity

Statement	Self Rating (1-5)
I do what I know to be right and kind in all situations.	
My words mean something and others can trust what I say to be true.	
I persevere honestly to reach new goals, avoiding temptation to cut corners when opportunities arise.	

Add up all three columns and divide by 3. This is your Integrity Score = | |

Kindness Concept #5—Responsibility

Statement	Self Rating (1-5)
I take ownership for my actions, both positive and negative, striving to make things right when they are not.	
I accept responsibility for both my words and actions on a daily basis, avoiding the urge to place blame on others.	
I use self-discipline to accomplish my goals, even when they are difficult or long term.	

Add up all three columns and divide by 3. This is your Responsibility Score = | |

Kindness Concept #6—Courage

Statement	Self Rating (1-5)
I am a servant leader in my school and community and I am willing to stand up for what I believe in.	
I am willing to let others go first, lead, and have the spotlight, even if I feel like I could do it better or more efficiently.	
I promote kindness in our school, in my home, and in our community.	

**Add up all three columns and divide by 3. This is your Courage Score =** | |

Now, copy your scores from above into the spaces below:

My Kindness Concept Scores are:

Respect _____   Caring _____   Inclusiveness _____   Integrity _____   Responsibility _____   Courage _____

To visualize your scores, fill out the following graph by shading each kindness concept from the inside of the circle outward using the following hierarchy:

1 = Weak   2 = Neutral   3 = Learning   4 = Moderate   5 = Strong
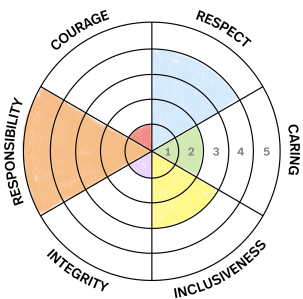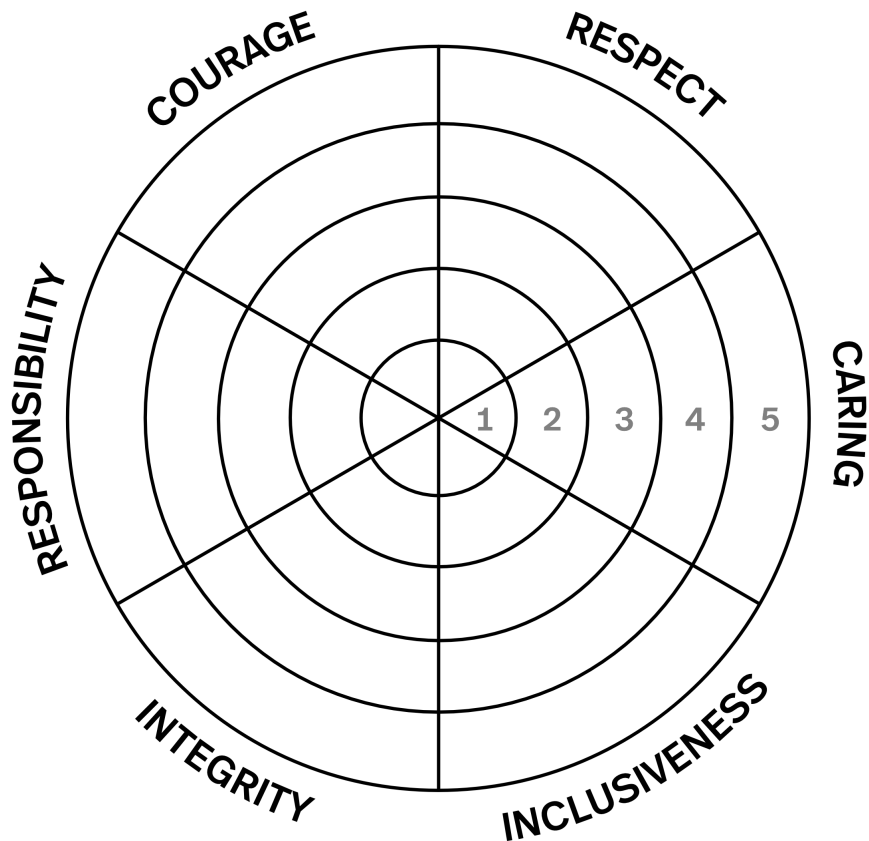
Sample of a Completed Kindness Self Inventory with the following levels:
Respect: Moderate, Caring: Neutral, Inclusiveness: Learning, Integrity: Weak, Responsibility: Strong, Courage: Weak.