



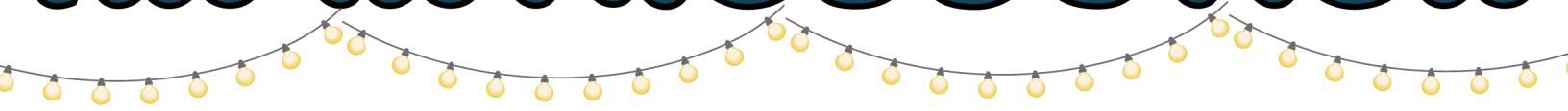
**RFNL**

# A CUP OF KINDNESS YET

**A K-12 CLASSROOM RESOURCE KIT  
FOR CELEBRATING KINDNESS THIS SEASON**

Created by Sarah McDonald Moores,  
Restorative Justice Education Coordinator,  
Relationships First Newfoundland and Labrador

# AN INTRODUCTION



## WHAT IS RESTORATIVE JUSTICE?

Restorative justice is a way of being that focuses on building, maintaining, and restoring respectful relationships. Rooted in principles of accountability, connection, and care, restorative justice fosters belonging and well-being for individuals, communities, and the environment. It invites us to reflect on our actions, take responsibility for their impact, and work together to strengthen relationships and build a more compassionate world.

## WHY 'A CUP OF KINDNESS YET'?

The title of this resource is inspired by the traditional song "Auld Lang Syne," which celebrates friendship, connection, and shared memories. In many traditions, "Auld Lang Syne" is sung in a circle with participants crossing arms and holding hands during the final verse—a powerful symbol of unity and mutual support. This resource draws on that spirit, inviting students to cultivate kindness and relational connection in their schools and communities.

## WHO IS THIS RESOURCE FOR?

This resource is designed for educators and students of all ages, with activities and prompts tailored for K-12 classrooms. Whether you're looking to inspire acts of kindness, explore relational practices, or foster a stronger sense of community, *a cup of kindness yet* offers tools to bring kindness and connection to life in your classroom.

## WANT TO LEARN MORE?

To explore more about restorative justice and how relational practices can transform classrooms and communities, visit our website: [www.rfnl.org](http://www.rfnl.org)

Have questions or want to connect? Contact us at [sarah@rfnl.org](mailto:sarah@rfnl.org)

*Let's work together to create a kinder, more connected world—one act of kindness at a time.*

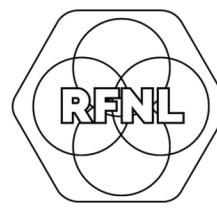


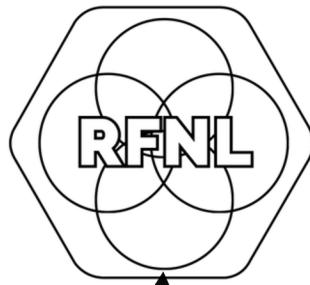
# A CUP OF KINDNESS YET

# COLOURING PAGES

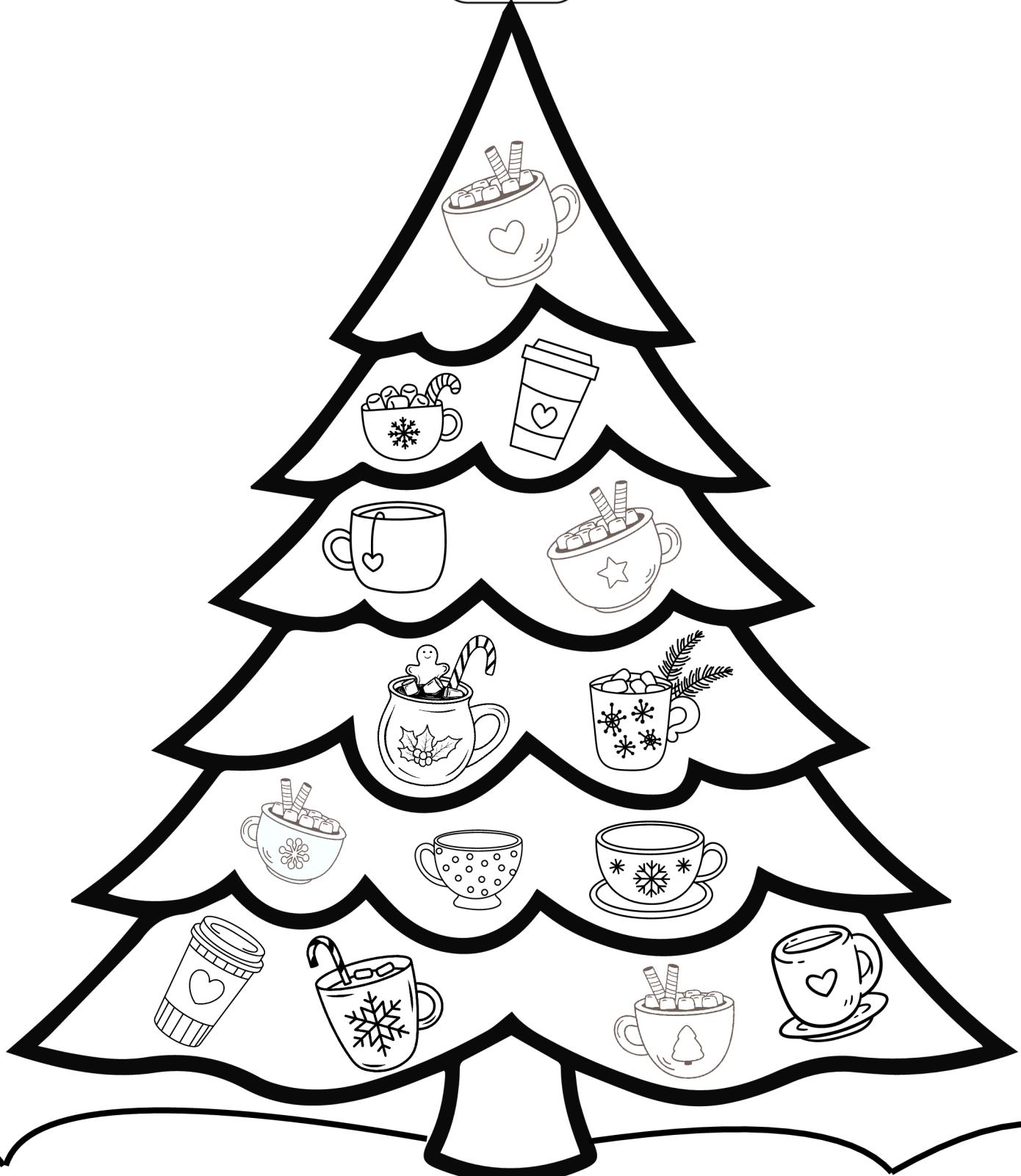


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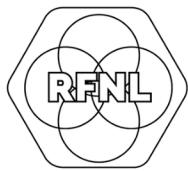
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**A CUP OF KINDNESS YET**



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# A CUP OF KINDNESS YET

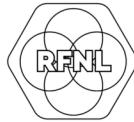
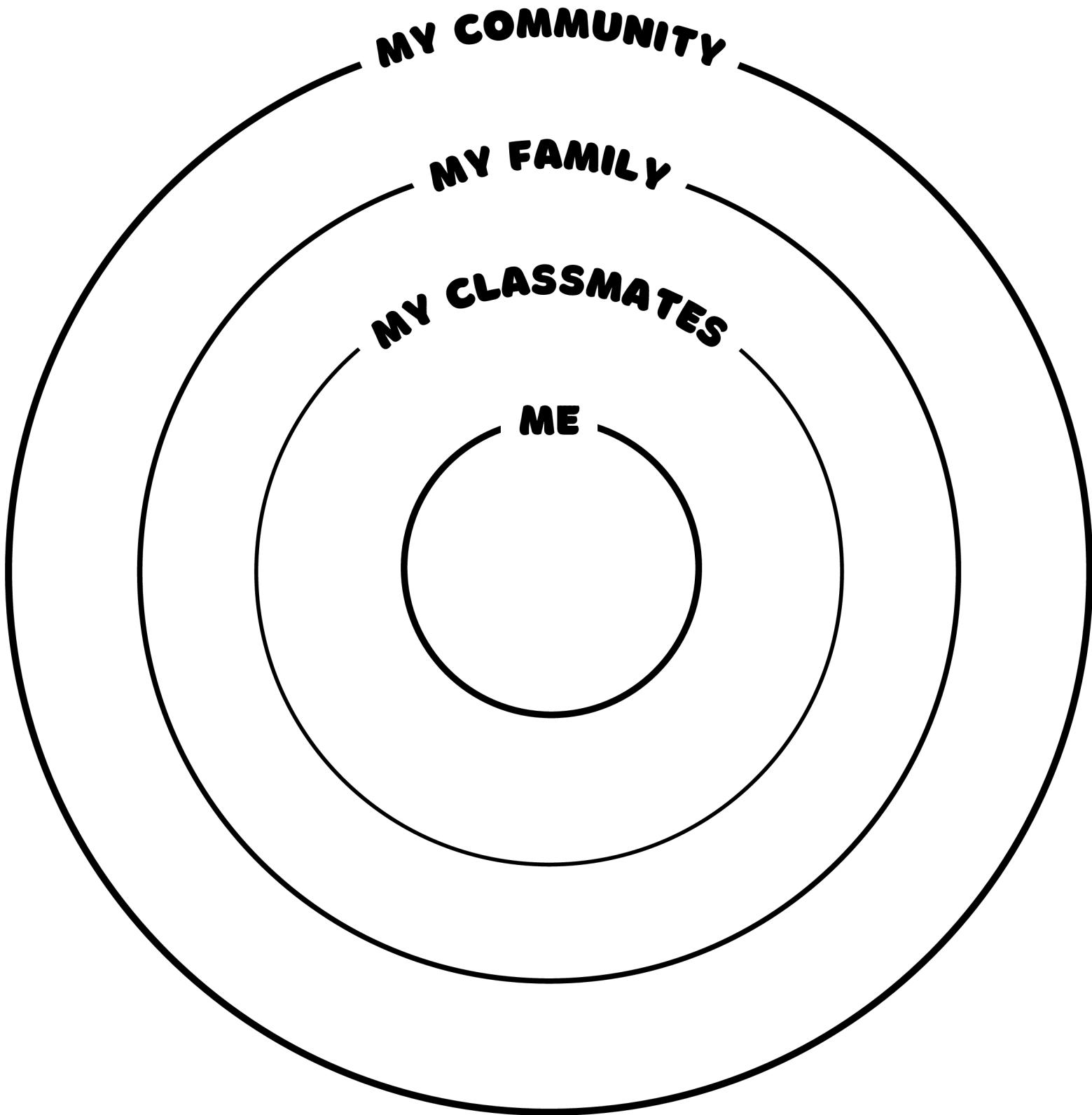


# ACTIVITY SHEETS



# MY KINDNESS MAP

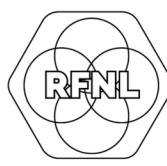
Fill in each section with words or drawings that represent acts of kindness you can do for the people or groups listed. Think of small, meaningful actions that show care, build connection, and support well-being. As you complete your map, reflect on how your kindness can ripple out and spread and create a positive impact.



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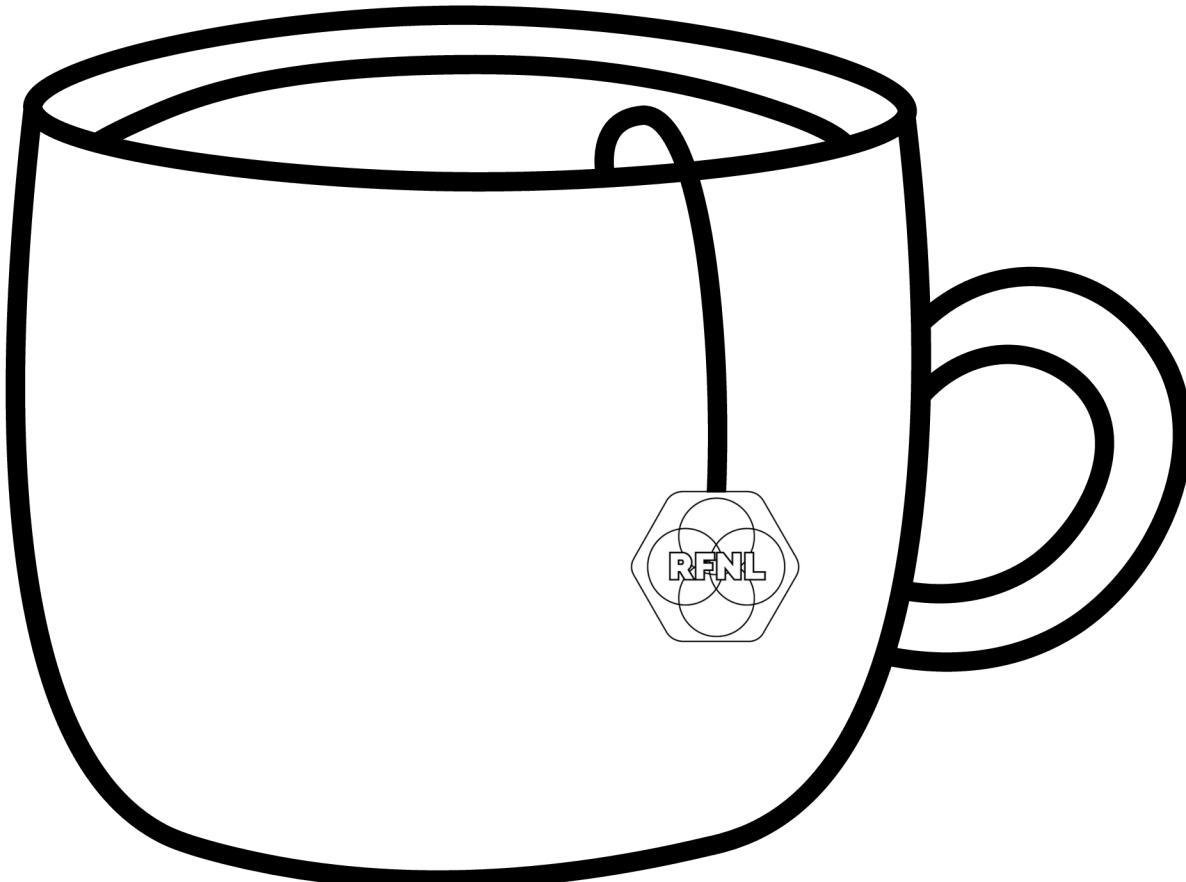
# CUPS OF KINDNESS

Design your own cups in a way that feels meaningful to you. Use colors, patterns, words, or drawings that reflect kindness, care, or connection. Let your creativity flow and make them uniquely yours!



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# A KINDNESS CHALLENGE

Warm hearts can melt the coldest ice! Use this tracker to challenge yourself to complete 10 acts of kindness. Each time you complete an act of kindness, color in one ice cube. Check the list below for ideas, and use the blank spaces to add your own. How quickly can you melt all the ice with your kindness?

Invite someone who seems left out to join you at lunch or recess.

Spend time listening to someone's story without interruption.

Leave an anonymous kind note in a library book or locker.

Say thank you to three people who make your day better.

Say thank you to your someone who isn't expecting it.

Reach out to a friend you haven't spoken to in a while.

Help a classmate with a task they're struggling with.

Bring in food or supplies for a local charity drive.

Help someone with their homework.

Offer to help a classmate clean up.

Let someone go ahead of you in line.

Hold the door open for someone.

Compliment someone's effort.

Write a kind note to a friend.

Add your own kind ideas:

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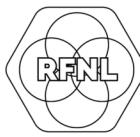
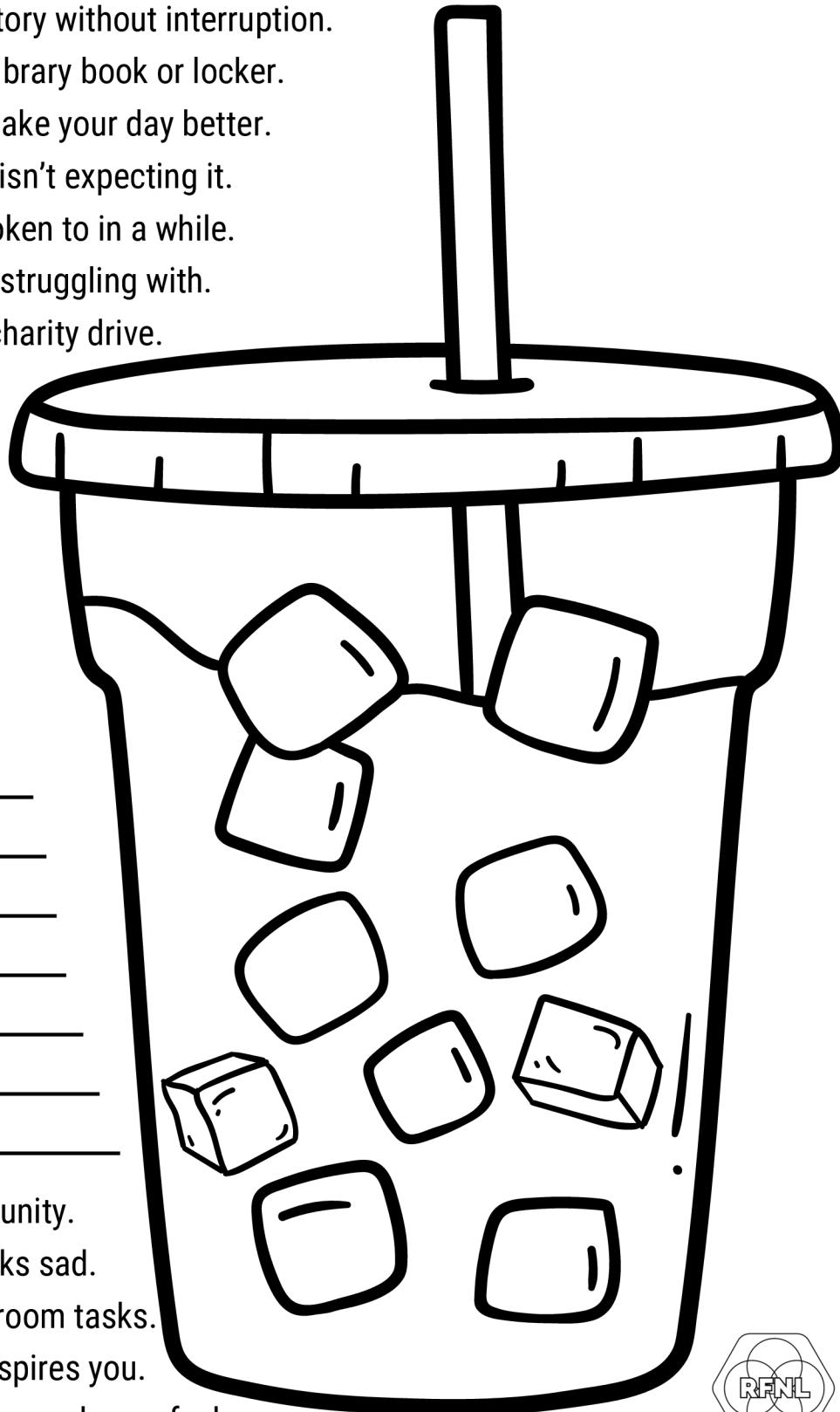
Pick up litter in your school or community.

Share a smile with someone who looks sad.

Offer to help your teacher with classroom tasks.

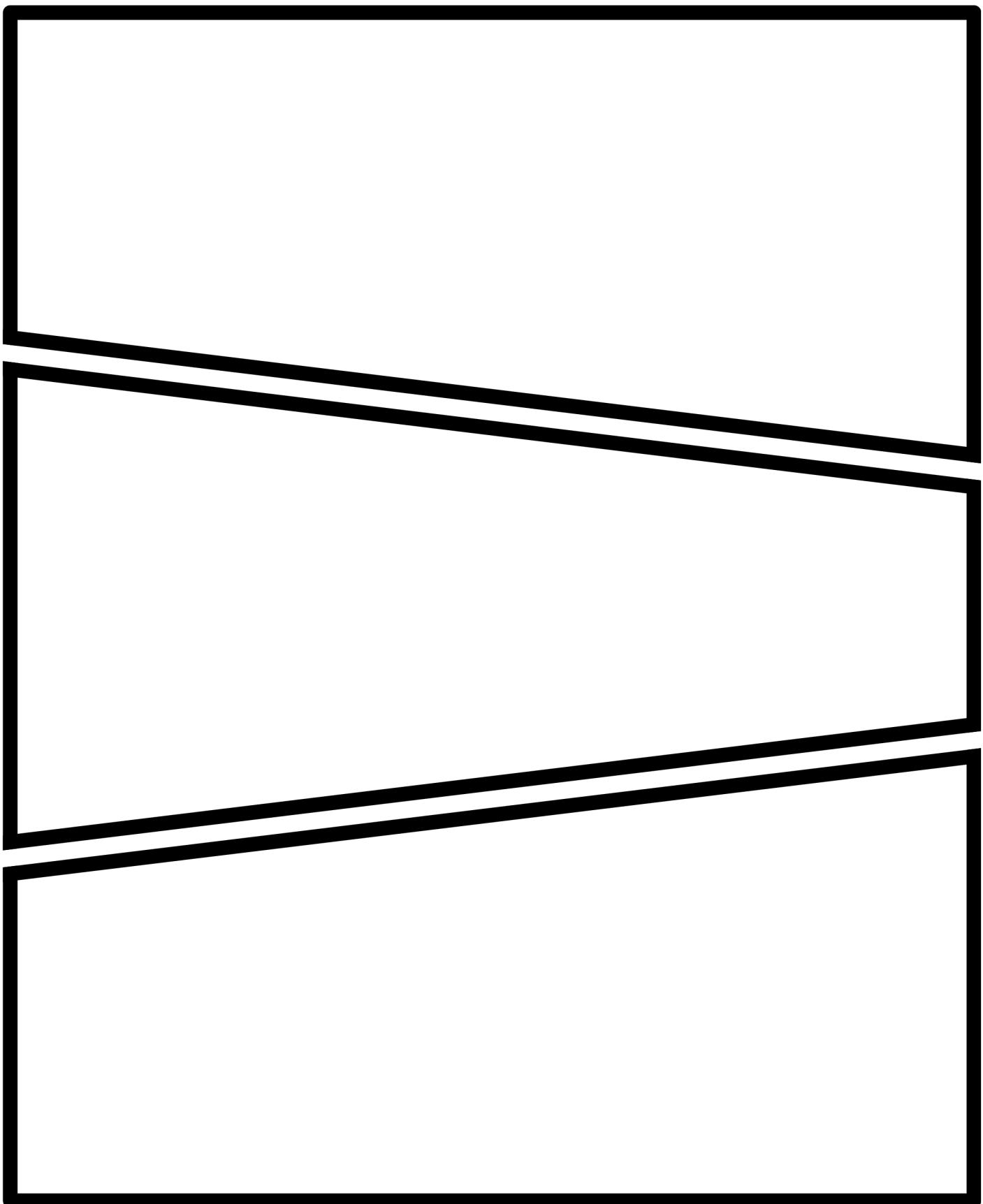
Write a kind note to someone who inspires you.

Reflect on how these acts of kindness made you feel.



# A KINDNESS CARTOON

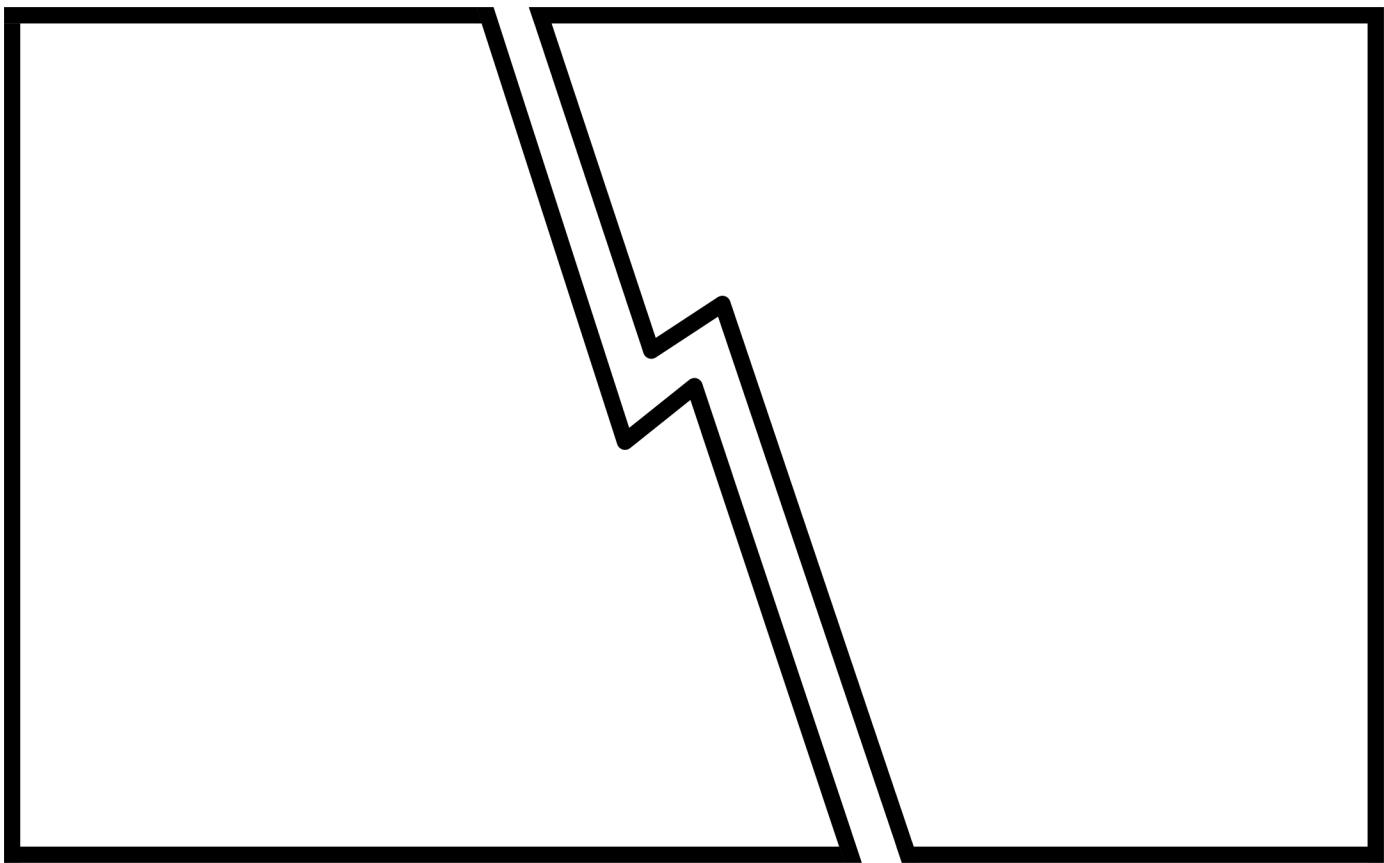
Create a comic where two characters solve a problem by working together.



A CUP OF KINDNESS YET

# A KINDNESS CARTOON

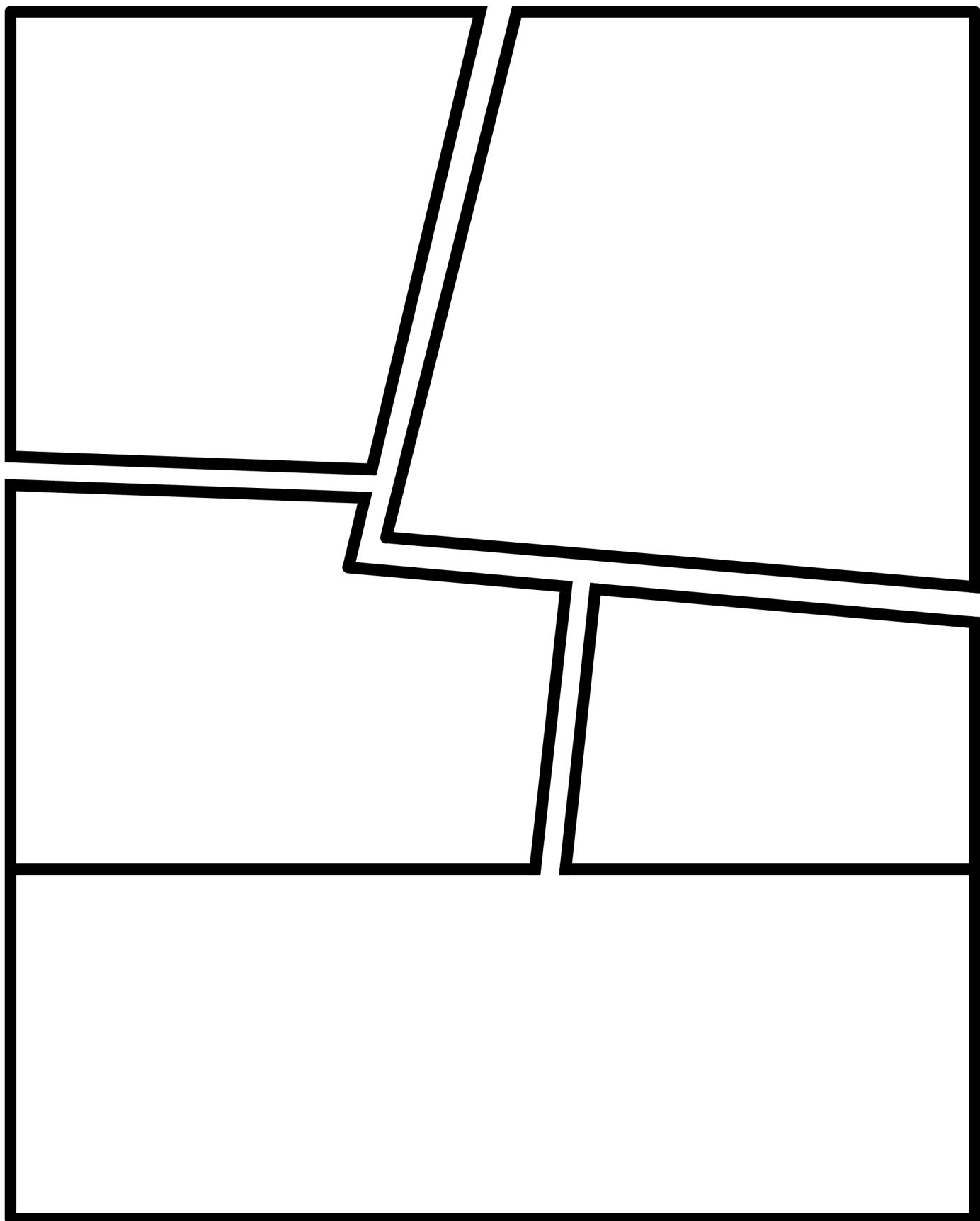
Create a comic about a superhero whose only superpower is kindness. How do they use their power?



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# A KINDNESS CARTOON

Draw a comic that illustrates a moment when a misunderstanding is resolved with kindness and communication.



A CUP OF KINDNESS YET

# WRITING ACTIVITIES



# A KINDNESS POEM

Create an acrostic poem using the word KINDNESS! An acrostic poem uses each letter of a word to start a new line, with each line relating to the theme of the word. Write a word, phrase, or sentence for each letter to show what kindness means to you or how you can show kindness to others.

**K** \_\_\_\_\_

**O** \_\_\_\_\_

**N** \_\_\_\_\_

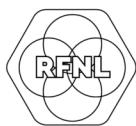
**D** \_\_\_\_\_

**N** \_\_\_\_\_

**E** \_\_\_\_\_

**S** \_\_\_\_\_

**S** \_\_\_\_\_



**A CUP OF KINDNESS YET**

Write a letter to your future self about why kindness matters.

# DEAR FUTURE ME,



A CUP OF  
KINDNESS YET



A CUP OF

KINDNESS YET

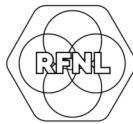
# THE SCIENCE OF KINDNESS

Transform research into reflection! Start by discovering one scientific fact about how kindness benefits personal well-being or mental health. Be sure to include the source of your fact (e.g., website, author, book title, etc.). Next, reflect creatively on how this fact connects to your own experiences. Finally, dream of a kinder future by identifying one new act of kindness you'll try as a result of your research.

## A SCIENTIFIC FACT ABOUT KINDNESS

## HOW THIS FACT CONNECTS TO MY EXPERIENCES

## AN ACT OF KINDNESS I WILL TRY



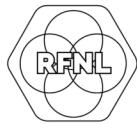
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# GROUP ACTIVITIES



# FILLING OUR CUP

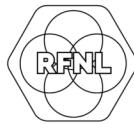
Write down an act of kindness you have done or witnessed on each strip of paper. Once you finish each strip, cut it out and add it to a classroom Kindness Cup! Together, you and your classmates can fill the cup with reminders of the good happening around you.



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# A WALL OF KINDNESS

Write your name and add any decorations you want on the lid of the cup, leaving the rest blank. Cut out your cup and add it to your classroom's Wall of Kindness. Over the next few days, take time to write something kind on each of your classmates' cups. Be sure to take your cup home on the last day of school before the break to remind you of all the kindness shared!



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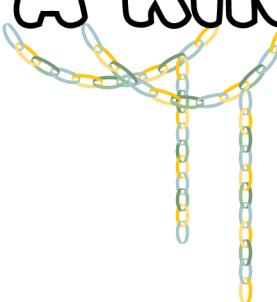
# OTHER ACTIVITIES

## KINDNESS POST-ITS

Write kind thoughts, inspiring quotes, song lyrics, or draw kind pictures on post-it notes and post them in shared spaces around the school, like hallways, lockers, or the cafeteria, to brighten someone's day and spread kindness around your school!!



## A KINDNESS CHAIN



Write down an act of kindness you've done or witnessed on each strip of paper and add it as a link in your classroom Kindness Chain. Together, you and your classmates will create a beautiful decoration that celebrates the kindness in your school!

## COLLABORATIVE ART

Create a collaborative mural or display where each student contributes one piece of art or a quote about kindness, forming a "quilt" of kindness to hang in the classroom or hallway



## AULD LANG KIND



There are many wonderful versions of 'Auld Lang Syne' available online. For this activity:

1. Select a few performances or recordings to watch and listen to as a class.
2. After each version, discuss:
  - What was your favourite thing about this version?
  - How does this version make you feel?
  - How is kindness or connection shown through the style or performance?
  - What makes this version unique?
3. Finally, rate or vote for your favorite version as a class.

The title of this resource, 'a cup of kindness yet,' comes from the traditional song, 'Auld Lang Syne.' Did you know there's a tradition during the last verse of the song where people cross their arms and join hands with those beside them, forming an interconnected circle? This custom, likely rooted in Scottish New Year's celebrations, symbolizes friendship, connection, and mutual support.



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