



## After 9/11: How Strangers Made a Better World Let's Talk About It – Middle School

Did you know that there is a World Kindness Day, celebrated around the world on November 13<sup>th</sup>? You can read all about it at <https://www.awarenessdays.com/awareness-days-calendar/world-kindness-day-2019/>. That gives you about six weeks to think about what you heard

about the kindness of strangers after 9/11, and to think about how you can make it a part of your life. Here are some ideas, and some things to talk about with your parents, your teachers, and your classmates.

- 1) Have you ever heard your parents or other adults tell stories about what they remember from 9/11 (where they were, what they were doing?). Has there been any world event, so far, in your life that you think you'll remember, in that same way, years from now?
- 2) During the presentation, they gave lots of examples of kind things that people did for others after 9/11. Can you name three of them that you could share with people who didn't hear the presentation?
- 3) Have you ever had someone do something nice for you that you weren't expecting? What did they do? How did that make you feel?
- 4) Have you ever done something for someone else, just because you could? Have you ever done something kind for someone else? How did it make you feel? How do you think it made that person feel?
- 5) Let's talk about some little things you could do to show kindness to the people around you.
  - a. Make it a point to say something nice to the first three people you talk to every day.
  - b. Leave a post-it note on someone's locker at school, or in a book at the library that just says, "Have a nice day" and has a smiley face. You don't have to sign the note. You just want to bring a smile to someone's day.
  - c. Hold a door open for someone you see coming towards it, even if it means waiting an extra minute to be there when they arrive at the door.
  - d. Do you have a chore that is assigned to you at home? Something like setting the table, doing the dishes, or taking out the garbage? Make a promise to yourself to do that chore for a week *without* being reminded!
  - e. Tell the principal how great your teacher is.
  - f. Bring cookies or some candy to the custodian at the school, just to say "thank you."
  - g. Bring your neighbors garage cans up for them.
  - h. Start a collection at school of food that can be donated to a food pantry.
  - i. Wave to kids on school busses as they pass byCan you think of some other things to add to this list?

*Remember, one kind word can change someone's whole day!*