

Peace Day 2019

Smile Boomerang

PROJECT PROPOSED BY:
THE INSTITUTE OF SOCIAL EMOTIONAL EDUCATION AND
MOUVEMENT DE PAIX

HOW DO YOU START A SMILE BOOMERANG?

EASY!

Distribute the kindness cards to as many people as possible.
The idea is to spread kindness! Did you know that kindness is contagious?!

1 AT SCHOOL

4 AT WORK

2 IN YOUR NEIGHBORHOOD

5 ANYWHERE!

3 ON A STREET CORNER
WITH FRIENDS

CARD CREATIONS

YOU CAN DISTRIBUTE CARDS THAT WE HAVE CREATED OR CREATE YOUR OWN!

■ Print and cut out the kindness cards: [link](#)

CO-CREATE YOUR OWN CARDS

- Brainstorm with your class, family, co-workers a list of random acts of kindness and make your own cards
- Write the gestures on the blank challenge cards and decorate the cards as you please [link](#)

EXAMPLE OF A KINDNESS CARD

SMILE BOOMERANG:

Share a Smile, Be Kind, Pass it on!

CHALLENGE:

Hold the door open for someone and wish them a great day.

Brought to you by:



**MOUVEMENT
DE PAIX**

ADDITIONAL ACTIVITIES

WATCH THIS (5:02) « KINDNESS BOOMERANG »

<https://www.youtube.com/watch?v=nwAYpLVyeFU>

FACILITATE A GROUP DISCUSSION ABOUT THE VIDEO:

- What was the video about?
- Did you feel any particular emotions watching the video? If so which ones?
- What were the reactions of people who received a kind gesture? And of those who made the gesture?
- What kind gesture have you already made or received? What did you feel afterwards?
- In the video, who made the first kind gesture? Who received the last kind gesture?
- In your opinion, does the video really reflect what happens in real life?
- What kind gesture did you see in the video that you would like to try?

ADDITIONAL ACTIVITIES

**CALCULATE THE NUMBER OF CARDS
DISTRIBUTED AND CELEBRATE!**

**DISCUSS WITH ONE PERSON OR A GROUP OF PEOPLE
WHO PARTICIPATED IN THE SMILE BOOMERANG**

- What did you like most / least about the activity?
- How do you feel after the activity?
- What were the funniest or best moments?
- What challenge would you like to suggest to spread more smiles around the world?
- How did people react when you offered them a card?

ADDITIONAL VIDEOS AND BOOKS

VIDEOS

- Love has no label
- Merci! par Christine Rabette
- I was here par Beyoncé
- Stand by me, par Playing for change
- #eat together 2018

BOOKS (AGES 4-9 YRS)

- The Smile that went Around the World
by Patrice Karst & Jana Christy
- The Invisible String by Patrice Karst

RANDOM ACTS OF KINDNESS IDEAS

- Give someone a hug (but ask before you do it)
- Offer to help someone
- Hold the door open for someone and wish them a good day
- Smile at someone you don't know as you pass them
- Offer your seat to someone with a smile
- Let someone go in front of you in a line up
- Leave money in the vending machine for someone
- Bake cookies for your class, the elderly, a shelter...
- Do a 5k for a good cause
- Show the new students around the school. Include them in your game at recess
- Pick up litter in your neighbourhood-wear gloves!
- Offer a sincere apology when required
- Call someone you care about, whom you have not spoken to in a while
- Spend time with people that you care about
- Give a stranger a compliment, sincerely
- Leave letters of encouragement on people's cars
- Offer gratitude to someone who made you happy
- Say thank you to someone with a simple smile and looking them in the eyes
- Ask someone how they are and really listen to the answer
- Prepare a meal for your family