

# AB, FILM: Acts of kindness

English R, E 6

## DIY



Watch this tutorial about  
'Make a happiness jar'



**Make a happiness jar yourself**

**Describe how you made the jar**

**Include at least 10 thoughts that make  
you happy**

**Present the jar to your teacher**

**Read through the vocabulary and  
describe the different moods you can  
have**

**Make a mood chart going from sadness to  
happiness**

**Write down all things that make you sad,  
angry, excited and happy**



## Acts of kindness



Watch this video about  
'NYPD's Act of Kindness Goes Viral'



Watch this video about  
'Would a Child Help the Homeless?'





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① Which video did you like the best? Write down what happens in your favorite video.

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Meet and speak

Find a teacher and have a conversation about compassion and being kind.

What do you know about compassion?

What makes you feel good?

Can you think of things to make others happy?

