**100 Kind Words**

**Instructions:**

**Whole class:** Any child who hears courteous, encouraging, or compassionate language used in the classroom can put one checkmark into the table below (starting in cell # 1). When the class catches itself speaking kindly 100 times, they receive a Kind Words surprise. The teacher should consult with the class to select the surprise before starting this activity (e.g. 30 minutes of free time, dance party).

**One child**: This chart can be modified to reinforce individual children who need to practice kind words by creating a smaller chart that goes on the desk of the individual child. When that child catches him/herself using courteous words, she/he puts a checkmark onto the chart.

**Kind Word Examples**: *Will you please… Can I help? What do you need? Sorry Want to join us?*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 (start) | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 |  |  |  |  |  |  |  |  | 30 |
| 31 |  |  |  |  |  |  |  |  | 40 |
| 41 |  |  |  |  |  |  |  |  | 50 |
| 51 |  |  |  |  |  |  |  |  | 60 |
| 61 |  |  |  |  |  |  |  |  | 70 |
| 71 |  |  |  |  |  |  |  |  | 80 |
| 81 |  |  |  |  |  |  |  |  | 90 |
| 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 😊 |

Congratulations!