

# Spread Care Project Plan

This project gives students an opportunity to care for others by volunteering around the school. Students can work in small groups if that is best for your group of students or individually. They will brainstorm areas they would like to help others, which could include helping the janitors, helping the kitchen staff, or helping younger students by reading or assisting with special projects. This project could also be tailored to be a large group project related to caring, perhaps in caring for the school grounds or collectively helping in a younger classroom with a specific project or activity.

**Caring Sub-Concept(s)**

Compassion, Kindness

**Project Timeframe**

25-30 minutes

**Required Materials**

- ☐ Project plan worksheet (see below)
- ☐ Various materials depending on the project decided upon.

**Project Details:**

- Students will plan and execute an activity where they get to care for someone or something else in the school.
- To prepare, speak with adults in the school to identify areas that may need help or would appreciate assistance.
- Break students up into groups of 3-4 and have them brainstorm ways they can spread care throughout the school.
  - If needed, provide examples such as helping the janitorial staff, cleaning up after lunch, reading to younger grades, etc.
- They should fill out their “Spread Care Project Plan” and get your approval. This helps students stay organized and accountable for their ideas.
  - Before they get approval, everyone on the team must sign the proposal stating that they agree with the idea and support it. This helps to avoid one or two people from forcing others to do something they are not interested in doing.

**Extension Ideas:**

- Create a bulletin board of the project plans so students can see how others are spreading care.
- Do a write up (or have students do this) for the school paper, newsletter, or website, highlighting all of the care plans. You might even submit the reflection to the local paper.

**Optional Extension Discussion Activity**

- Have a large group discussion after the plans have been implemented; ask students how they felt when they cared for others or for shared spaces. Have students talk about what they learned.
- Have students do a similar planning process for how they can spread care at home or in their communities.



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The Collaborative for Academic, Social, and Emotional Learning ([CASEL](https://casel.org)) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

**RANDOM ACTS OF KINDNESS**  
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## Spread Care Project Plan

For our plan, we would like to care for:

What activities will we be doing for my Spread Care plan?

How much time will our Spread Care plan likely require?

What do we need to do in order to prepare for and complete our plan?

Besides our teacher, who do we need to talk to in order to set up our plan?

**Everyone in our group agrees to this plan and has signed below to show our support for the idea:**

**Team Signatures:**