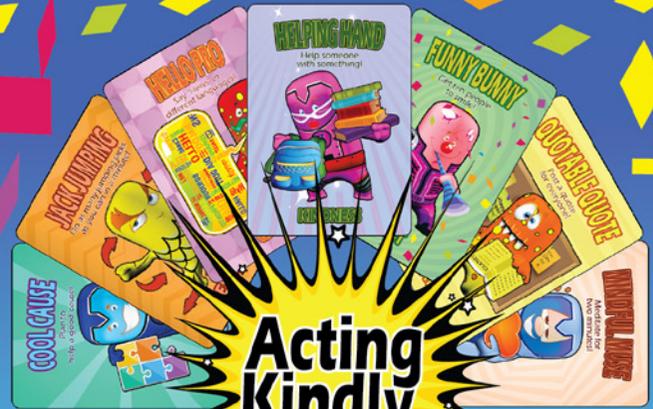




Planet Earthlings Acting Kindly @School



Acting Kindly
@School

Cards in 8 Categories

Kindness

Greet

Play

Quest

Plan

Relax

Exercise



Acting Kindly
@School



Welcome to
Acting Kindly @School
Your Mission: Spread joy by
strengthening friendships,
making new ones
and creating lots of smiles!

How to Play

2

Flight Manual

MISSION: Spread joy by strengthening friendships, making new ones and creating lots of smiles.

GET READY: You'll need paper, pencils/pens, art supplies, sticky notes and space to create and plan.

ACTION CARDS: There are eight different types of action cards: Create, Exercise, Greet, Kindness, Plan, Play, Quest and Relax.



SWITCH CARDS: When you draw a Switch Teams card...both players change teams. Try your best to join someone you haven't yet played with.

PEOPLE CARDS: When you draw a red people card draw again until you get an action card. Do the action for someone as indicated on the people card.



WILD CARD: Be creative and make up your own good deed. It can be any action type, from a card in the deck or even better...make up something totally new!

Flight Manual Card 1 of 2

Flight Manual - Page Two

ACTING KINDLY: is a totally cooperative game so everyone is playing together to spread kindness.

BLAST OFF: Form teams of two each with an Acting Kindly @School deck. Choose Deed or Speed Play. Shuffle and draw card from top. Stay together!

DEED PLAY: Set a total number of points you want to gather from everyone playing.

SPEED PLAY: Set a duration and see how many points everyone can get in that time.

SCORE: There's one score for all points from all teams. One point for each action completed. Have a central score keeper, either a person or a place, where teams can tally the score on paper or blackboard when they complete a card.

FINALE: In Deed Play when you reach the goal or in Speed Play when time is up start chanting "Acting Kindly" until all teams have gathered together to shout... "Everyone Wins!"

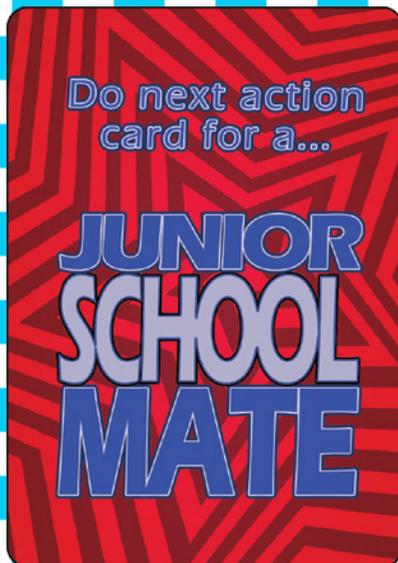
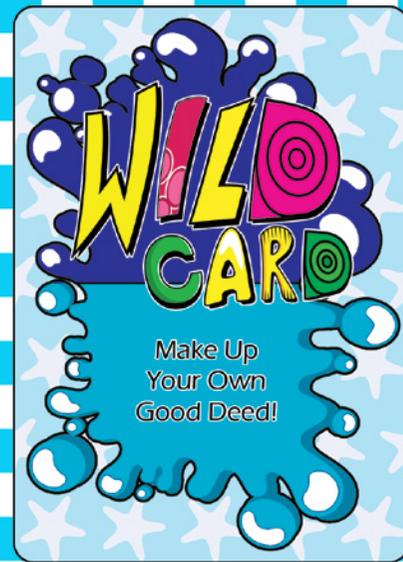
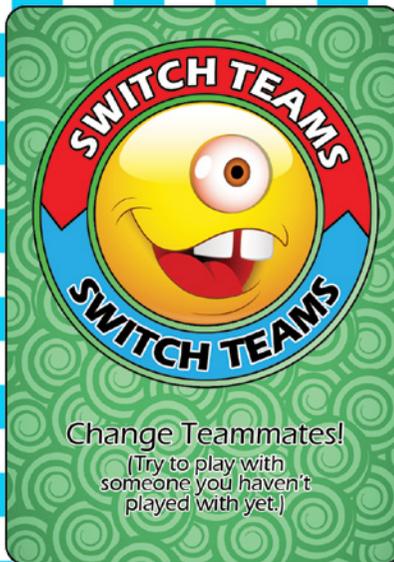
Flight Manual Card 2 of 2

- You'll need paper, pencils/pens, art supplies, sticky notes and space to do Create and Plan cards.
- Play anytime, but break times are best....players can interact with others.
- Gather all players...one Acting Kindly @School deck for every two.
- Everyone is one team...and you all be working together.
- Decide the score goal you want to reach...that's how many deeds everyone together will complete in order to win.
- Pair up...two partners each with a deck. Shuffle cards well.
- Game begins when each pair of partners draws card and does the deed.
- Stay with your partner and do each card TOGETHER!
- When you complete a card...score a point...on blackboard, paper or with scorekeeper. Remember everyone's score goes together.
- When you reach the score goal...EVERYONE WINS!

3

Special Cards

4



- SWITCH TEAMS: When you draw the "Switch Teams" card...players change partners. Try your best to join someone you haven't played with yet!
- WILD CARD: Be creative and make up your good deed. It can be any action type, from a card in the deck or even better...make up something totally new!
- PEOPLE CARDS: When you draw a red people card...draw again until you get an action card. Do the action for someone as indicted on the people card

5

Suggestions for Playing in School

6

Suggestions

FOR TEACHERS

Game is best played as a class activity done during break times where players can interact with others.

Have players keep notes of "Plan" cards. Give extra credit to students who complete their planned actions.

Encourage players to slow down. Maybe give extra points for deeds done slowly.

Test different scoring systems perhaps giving more points to cards like Create and Plan which take longer.

FOR PLAYING OUTSIDE SCHOOL

Acting Kindly can be played in your neighborhood, at events and out in public. Check "Acting Kindly Safety" on our website at www.planetearththings.org/safety.

Be polite, stay with your teammate and have fun!

Prepare gifts for Create cards in advance and bring them to distribute when you draw one.

Write down your planned actions for "Plan" cards.

Remove or skip the red people cards.

FOR TEACHERS

- Game is best played as a class activity done during break times where players can interact with others.
- Have players keep notes of "Plan" cards. Give extra credit to students who complete their planned actions.
- Encourage players to slow down. Maybe give extra points for deeds done slowly.
- Test different scoring systems perhaps giving more points to cards like Create and Plan which take longer.

7

Suggestions for Playing Outside School

- Acting Kindly can be played in your neighborhood, at events and out in public.
- Safety suggestions are below, but also check for updates on our website at: www.planeteearthlings.org/safety.
- Be polite, stay with your teammate and have fun!
- Prepare gifts for Create cards in advance and bring them to distribute when you draw one.
- Write down your planned actions for "Plan" cards. Follow up and do them later!
- Remove or skip the red people cards.
- If you have suggestions or want to share your experiences please e-mail us at: info@planeteearthlings.org

8

Safety & Respect

- **Acting Kindly** is both an opportunity to bring joy to others and a way to enjoy interacting with strangers. To make sure it's fun and safe for everyone here are some pointers...
- **Be Polite** – Pay attention to the people around you and be courteous. Treat others as you'd want to be treated. If someone doesn't want to be bothered politely move on. We all get busy or have bad days. Don't get upset if others don't want to engage.
- **Be Respectful** – Different people have different customs...respect them. There are places where playing may not be appropriate...think about it.
- **Be Aware** – Don't go places you wouldn't normally go. Be aware of anything which could be hazardous. If it's off limits or dangerous it's not a place to be playing.
- **Be Together** – Play in teams and stay together. Parents should supervise their children including how and where to play.
- **Be Healthy** – Acting Kindly is played outside and it takes some energy. Don't overdo it and take breaks when needed. Also...remember to stay hydrated.

9



Kindness

Being nice to others gives us great joy!
It is also part of cooperation and collaboration which are key to success in life.

10

PLAY

- Think of something totally unexpected which you like about someone...then tell them.
- Discuss with partner something you both like about someone...then go tell them!
- Take turns trading compliments with a friend and see who can give the most.

LEARN

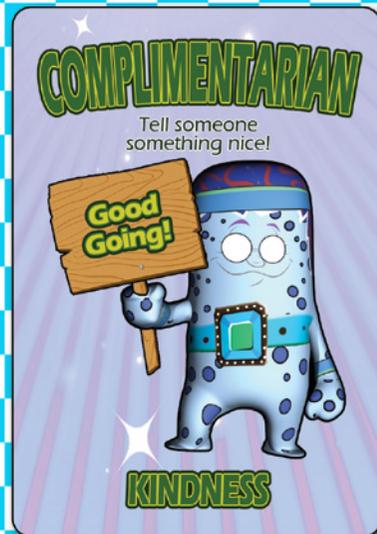
- Look up the word compliment. Find out about its origin. Learn some synonyms.
- Learn some compliments in other languages. Use them.
- Add new adjectives to your vocabulary you can use when you compliment someone.

ACT

- Tell at least one person outside of school something nice each day for a week.
- Develop a habit to compliment at least one person everyday.
- Don't forget yourself. Give yourself a compliment at the end of each day.



Share your ideas or Acting Kindly stories by sending them by e-mail to: ideas@planetearthlings.org and possibly get a shoutout on our website or Facebook page!





PLAY

- Help someone and for fun do this while speaking in an exotic accent.
- Help someone with a subject you are good at.
- Help the staff by tidying up your classroom.

LEARN

- Learn about organizations in your area who help people.
- Learn about a family member's dream and help them bring their dream project to life.
- Learn how to cut vegetables or cook and then help out in the kitchen at home.

ACT

- Ask your teacher if you can stay in at lunch and help with something.
- Spend one day trying to do as many kind deeds as you can!
- Dedicate some time at least once a week to helping people you don't know.

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12

PLAY

- Be your creative best and make up an amazing story to share.
- Co-create story with your partner where you share a line and they share the next one.
- Write out a nice story and leave it for someone to find..

LEARN

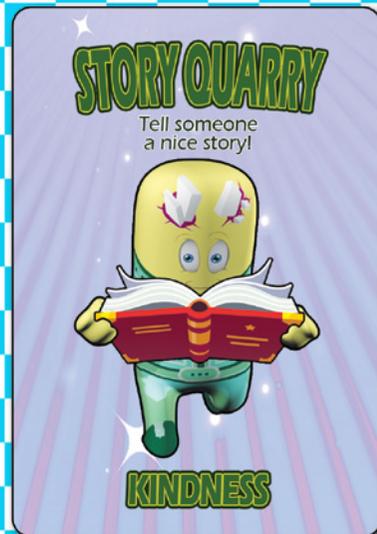
- Find out the life story of your role model and share it with your friends.
- Read a new story every day for a week!
- Study about storytelling and learn both history and how to tell them.

ACT

- Tell someone your favorite story about THEM!
- Read a story to a younger sibling or younger friend who can't read yet.
- Print out copies of an inspiring story and leave it for a friends or neighbors.

13

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FACTS PACTS

Share an interesting fact with someone!



KINDNESS

PLAY

- Share a fact you found to be unbelievable.
- Share a little-known fact about yourself with your partner and then someone else!
- Share a fact you learned in the news recently.

LEARN

- Learn about a historical figure and tell your teacher your favorite fact about them.
- Learn some facts about your village/town/city and share them with your classmates.
- Learn some facts about nature and share them with your parents.

ACT

- Find the strangest fact you can and share it with others!
- Share an interesting fact with friends or family at least once every day for a week.
- Learn a fact about a subject you think is boring.

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14

PLAY

- Clean something you think no one has even realized is dirty.
- Surprise the staff at school by cleaning up your classroom.
- Go on mission with your partner to pick up as much litter as you can.

LEARN

- Learn how the streets in your neighborhood are kept clean and help the cleaners!
- Learn to make something useful out of garbage.
- Learn where recyclable get processed near you...gather some and take them there.

ACT

- Spend your lunch time picking up trash on the school yard.
- Notice all the work done at home to keep it clean and help out!
- Spend time after school or on the weekend cleaning up your neighborhood with friends.

15

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CLEAN KEEEN

Help clean up something!



KINDNESS



Greet

Meeting people, whether old friends or new acquaintances, is the chance to start something new and exciting!

16

PLAY

- Make up your own handshake and teach it to others when you get Hand2Fans.
- Shake hands and make funny sounds at the same time!
- Be the doorman...shake hands with everyone who passes and wish them a good day.

LEARN

- Find out how people in other places greet people other than shaking hands.
- Study the origin of different greetings like handshakes, bows and others.
- Learn about hands!

ACT

- Shake hands with five strangers while out in public.
- Shake hands with someone you see every day but don't usually greet.
- Make up a fun handshake with a friend.

17

Share your ideas or Acting Kindly stories by sending them by e-mail to: ideas@planetearthlings.org and possibly get a shoutout on our website or Facebook page!





PLAY

- Say "Hello" in a different language with a funny accent!
- Also ask "How are you?" in the same language you say "Hello" in.
- Teach someone to say "Hello" in a different language.

LEARN

- Pick 10 languages and memorize how they say "hello."
- Learn what greetings words in other languages mean.
- Find languages which have more than one way of saying "Hello" and learn them.

ACT

- Pick a language and only say hello in that language for the entire day.
- Play Simon says: 'Simon' calls out a language...everyone says Hello in that language.
- Greet your family with a different language every day for a week!

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18

PLAY

- Jump up when you give each High Five!
- Tell everyone you give a High Five to : "You're awesome!"
- Give High Fives and Low Fives.

LEARN

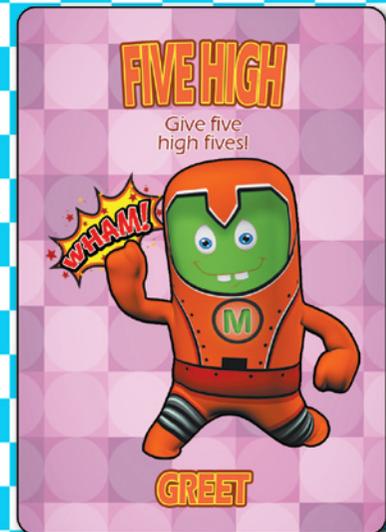
- Research where High Fives originated.
- Learn to do a stylized high five and teach it to all your friends.
- Study other hand signals used to communicate nice things!

ACT

- Give everyone at home a High Five and tell them one thing you love about them.
- Try to get a few strangers to give you a High Five every day for a week.
- Every time you see someone smile, give them a High Five.

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19





PLAY

- Introduce yourself to someone in a funny accent.
- Think of the person you want to be in 5 years, introduce yourself as him or her!
- Introduce yourself to by crafting a poem or rhyme about yourself.

LEARN

- Study tips for introducing yourself on the internet.
- Take turns practicing introducing yourself with your friends.
- Create your an elevator pitch for yourself...describe yourself in less than two minutes!

ACT

- Introduce yourself to someone you see often but haven't talked to.
- Introduce yourself to a new stranger every day for a week.
- Introduce yourself to someone you know well but add some unexpected info.

Share your ideas or Acting Kindly stories by sending them by e-mail to: ideas@planetearthlings.org and possibly get a shoutout on our website or Facebook page!

20

PLAY

- Start a conversation with an unusual question.
- Ask someone about a social issue you find really important.
- Have a conversation with someone new or who you haven't talked to much.

LEARN

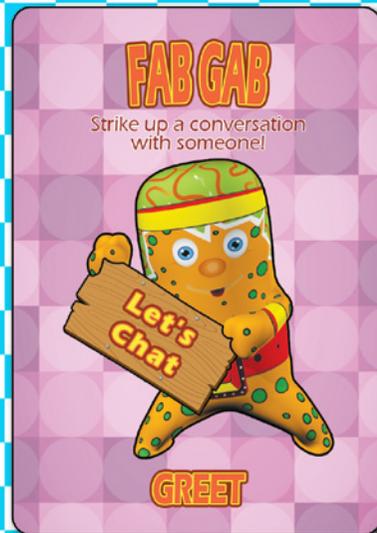
- Follow a story in the news and have a conversation about it with your parents.
- Have a discussion about the differences in type of conversations.
- Learn some different ways of starting a conversation with a stranger.

ACT

- While in line in a store strike up a conversation with the person behind you.
- Make a list of 5 fun questions and ask 5 people for their answers.
- Have a conversation with someone new every day for a week.

21

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Play

Playing together we build bonds of friendship and learn to work together while have lots of fun!

22

PLAY

- Sing the first funny song that comes to mind.
- Sing a song holding your nose closed.
- Sing a song in the slowest speed possible.

LEARN

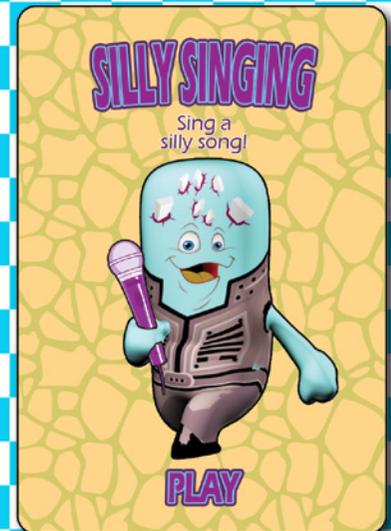
- Ask your parents a silly song from their childhood and learn it.
- Learn a song in a language you don't know..
- Write a silly song of your own and teach it to your friends.

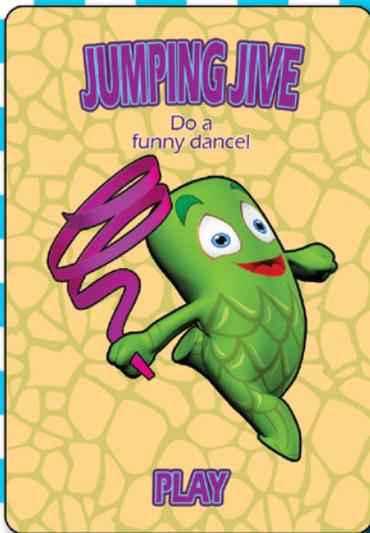
ACT

- Take a favorite song and make up new words so it's about your best friend.
- Sing a silly song to cheer up your friend on a dull or gloomy day.
- Sing your favourite nursery rhyme...try singing it backwards!

23

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PLAY

- Take moves from other dances and create a routine with your partner.
- Invent dance moves from how objects or animals move.
- Try and recreate a dance from a music video but make it your own style.

LEARN

- Watching video tutorials to get ideas for dance steps.
- Ask friends questions about different dance steps!
- Try to copy the dance moves in your favorite music videos.

ACT

- Improvise a small dance performance in your neighborhood.
- Do a dance for someone who isn't doing so well to make them smile.
- Get some friends together and prepare a dance performance to be done out in public.

Share your ideas or Acting Kindly stories by sending them by e-mail to: ideas@planetearthlings.org and possibly get a shoutout on our website or Facebook page!

24

PLAY

- Do a skit about a person performing a good deed!
- Mime a skit with your partner.
- Try to get a few others to join in a quickly improvised little play.

LEARN

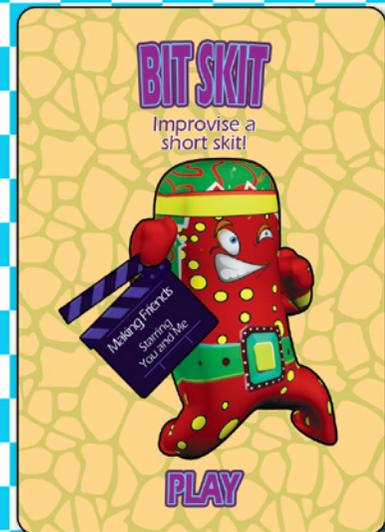
- Study the essence of drama to learn what makes stories interesting.
- Learn how mime key emotions like 'happiness', 'sadness', 'laughter', etc.
- Watch some videos about improvisation to learn how to make up skits quickly.

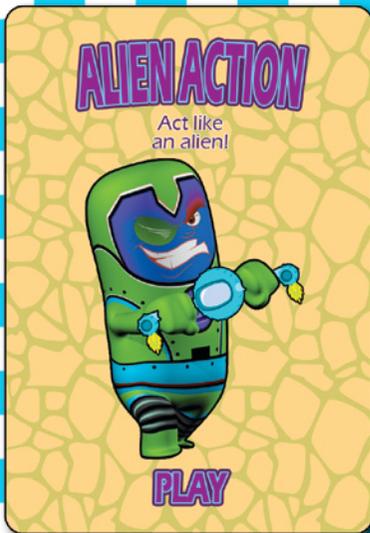
ACT

- Ask your parents to take you to a hospital children's ward and perform for the kids.
- Create a play with your friends and perform it in your neighborhood.
- Improvise something super friendly while out in public with your friends or family.

25

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PLAY

- Dance like an alien with many legs.
- Speak like an alien with your partner.
- Mimic whatever alien your partner creates.

LEARN

- Are aliens real? Find out.
- Find out what UFOs are.
- Study what scientists are saying about there being life on other planets.

ACT

- Act like an alien who in controlled by a remote.
- What if an alien enters your class? What would do? Act it out!
- Sing like an alien in their language.

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26

PLAY

- Ask someone about something they think is funny and make up a joke about it.
- Tell a joke together with your partner delivering it together.
- Run up to someone and yell, "knock knock!"

LEARN

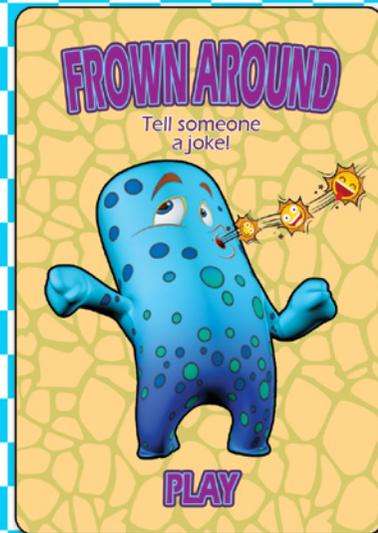
- Memorize as many nice jokes as you can.
- Study comedy to understand what makes jokes funny.
- Practice delivering jokes looking in the mirror and see if you can make them "physical."

ACT

- Tell a friend your favorite animal joke while imitating the animals in the joke.
- Tell your family a new joke every day for a week.
- Try to tell people in your neighborhood a new joke which will make them feel good.

27

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Quest

Engaging with others with positivity and active interest allows us to create amazing new experiences!

28

PLAY

- Ask someone to tell you an interesting story they've heard from someone older.
- Try to get someone to tell a story where you suggest the plot in less than five words.
- Tell someone you want to hear a scary story!

LEARN

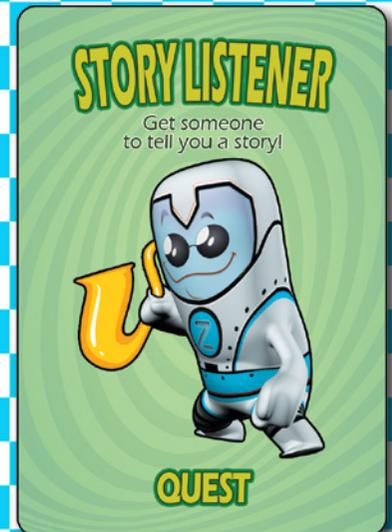
- Read about the history of storytelling.
- Learn about stories which come from the area where you live.
- Practice paying attention as someone tells you a story.

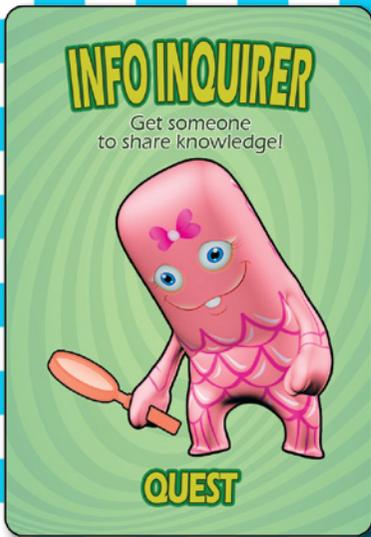
ACT

- Call grandparent or other family and ask them to share a story about their childhood.
- If you see someone sad, ask them if they can tell you a happy story.
- Ask an adult to tell you a story from long ago.

29

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PLAY

- Ask someone to tell you something interesting about their favorite subject.
- See if you can get someone to tell you about something you're really interested in.
- Question someone about a recent event which has been in the news.

LEARN

- Ask people the significance of smiling and why they think it's important.
- Learn some great questions you can use to get people to share what they know about.
- Learn to say "What is this?" in another language. Ask others who speak that language.

ACT

- Ask your friend to share what they learned at school today.
- Ask your Mom or Dad to teach you how to cook your favorite recipe.
- Ask someone in your neighborhood to share their special expertise.

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30

PLAY

- Find the funniest way you can to ask someone to tell you a joke.
- Ask someone to tell you a joke about YOU and your partner!
- Suggest a topic for a joke and see if they can make something up.

LEARN

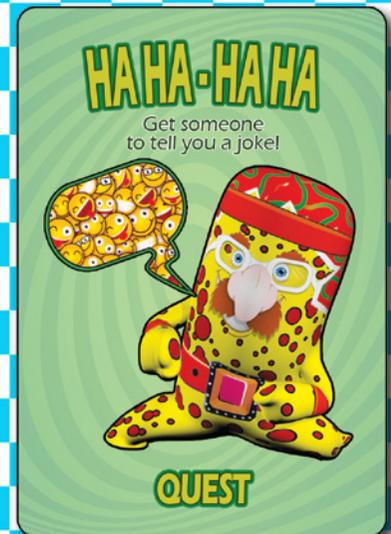
- Practice listening carefully to what others are saying.
- Learn about the art of telling jokes and help your friends tell great jokes.
- Memorize some jokes you really like and then teach them to others.

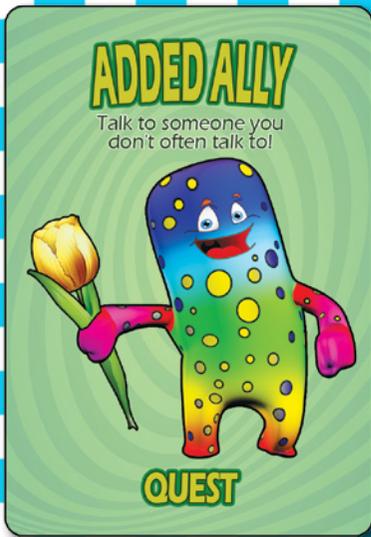
ACT

- Ask someone in your family each day for a week to tell you a joke.
- See if you can get someone in your neighborhood to tell you a joke.
- Try to get someone you don't know well to tell you a joke.

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Share your ideas or Acting Kindly stories by sending them by e-mail to: ideas@planetearthlings.org and possibly get a shoutout on our website or Facebook page!





PLAY

- See how many new people you and your partner can meet in a few minutes.
- You & your partner find someone you don't often talk to...start a friendly conversation.
- Befriend someone new and make plans to play with them later.

LEARN

- Look up on the internet ways of striking up a conversation with someone new.
- Study how to make someone you've just met feel comfortable.
- Come up with 5 questions you can ask someone new.

ACT

- Call a relative you haven't talked to and ask them how they're doing.
- Spend every lunchtime for one week talking to kids you don't usually hang out with.
- Try to meet at least one new person outside school each week for a month!

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32

PLAY

- Make funny faces or actions...without talking.
- You and your partner mime something funny!
- Create hilarious sounds to crack people up.

LEARN

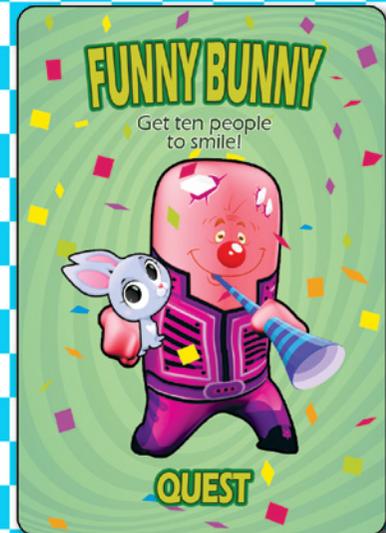
- Learn the different facial expressions used by Charlie Chaplin...master them!
- Memorize ten silly short jokes to make people smile quickly.
- Study the art of comedy to understand what makes things funny.

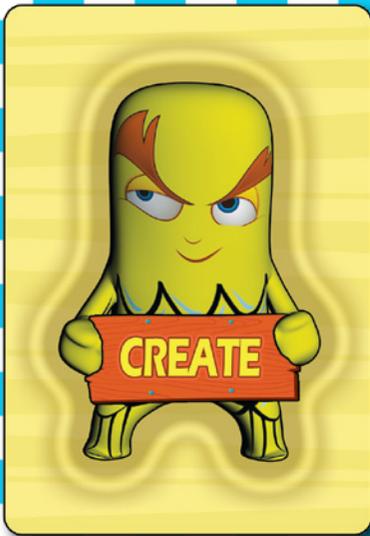
ACT

- Make 10 people smile outside school every day for a week!
- Try to make your family smile at least once...everyday!
- Smile at others and see if you can get them to smile back.

33

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Create
Creativity opens up our hearts and minds. Collaborating and sharing our creations is magical!

34

PLAY

- Ask someone a word that makes them write a happy write them a sentence using it.
- Write a nice note with your partner and leave it for someone where they'll find it later.
- You & partner write note saying something nice about the same person...give it to them.

LEARN

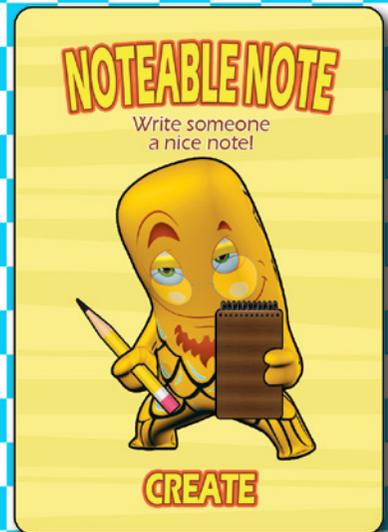
- Research at least 10 nice words to compliment others and use them all week.
- Look up the "Art of Letter Writing" and learn how to write nice notes.
- Study calligraphy to write some friends nice notes with fancy letters.

ACT

- Leave anonymous notes on your neighbors' doors with what you like about them.
- Write down a good deed and pass the paper to someone you're going to do it for.
- Write a nice note for friends or family at least once a day for a week.

35

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ROCKING RHYMES

Gift someone
a poem!



CREATE

PLAY

- Write a poem with each partner adding one line after the other.
- Find a poem in a book or online and write it out for someone.
- Recite a poem you know by heart while your partner acts it out!

LEARN

- Read some poetry.
- Memorize a poem you really like!
- Study about poetry and try to write a few poems.

ACT

- Write a poem and post it where everyone can see it.
- Find a poem which will make someone feel good and give it to them.
- Deliver a poem like an actor out in public to entertain others.

Share your ideas or Acting Kindly stories by sending them by e-mail to:
ideas@planetearthlings.org and possibly get a shoutout on our website or Facebook page!

36

PLAY

- Write a cool note on a Post-It to inspire everyone and put it where everyone can see it.
- Write an inspiring message on the corner of the blackboard if it isn't being used.
- Talk to your partner about your favorite quote and then post it somewhere.

LEARN

- Look up inspirational quotes and write down your favorites.
- Memorize your top three quotes.
- Find some website with inspirational quotes and subscribe to get new ones daily.

ACT

- Post inspirational quotes on post-its or on pieces of paper around your neighborhood.
- Share your favorite inspirational quotes with your family.
- Do something connected to your favorite inspirational quotes every day for a week.

37

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ideas@planetearthlings.org and possibly get a shoutout on our website or Facebook page!

QUOTABLE QUOTE

Post a quote
for everyone!



CREATE

PICTURE PERFECT

Make someone
a nice picture!



CREATE

PLAY

- Draw a picture with your partner with each of you working on different parts.
- Draw a funny (but nice) caricature of someone! Give it to them.
- Create art of something at school and give it to someone.

LEARN

- Do an online tutorial in drawing faces.
- Do an online tutorial in drawing cartoons.
- Do an online tutorial in drawing landscapes.

ACT

- Create some nice drawings and give them to people around your neighborhood.
- Draw a picture of yourself and give it to your parents or someone else in the family.
- Make some art with a nice message and gift it to a teacher!

Share your ideas or Acting Kindly stories by sending them by e-mail to:
ideas@planetearthlings.org and possibly get a shoutout on our website or Facebook page!

38

PLAY

- Make paper airplanes and give them away!
- Do some paper folding or even origami and gift them to someone.
- Make inspiring words out of paper and post them around school.

LEARN

- Look up different designs for paper airplanes and practice making them.
- Study origami, make different designs to give to friends, family or even strangers!
- Research other things which can be made from paper including paper cuttings.

ACT

- Make paper airplanes with friends and fly them in the neighborhood with others.
- Create different origami designs and leave them to surprise people.
- Design paper cutting with inspiring message and post it somewhere for others to see.

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PAPER PRO

Create something out of
paper for someone!



CREATE



Plan

Taking the game outside school gives us the opportunity to learn even more and change our world!

40

PLAY

- Plan for you and your partner to help someone with their homework.
- Each of you plan to help someone different with their homework.
- Think of who you can both really help with a subject you love.

LEARN

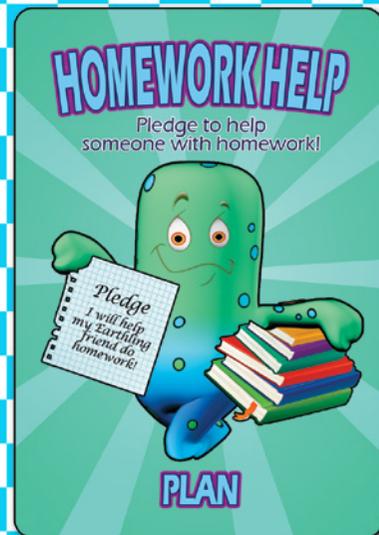
- What do you learn when helping others learn?
- Look up different ways which are effective to help others with their studies.
- Research about different kinds of teachers and ways of teaching.

ACT

- Help the person or people you planned to help during the game.
- Volunteer to help a friend with a class they are struggling in.
- Ask friend to come over and get someone in your family to help you both do homework.

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HOMWORK HELP

Pledge to help someone with homework!



PLAN

COOL CAUSE

Plan to help a good cause!



PLAN

PLAY

- Plan with your partner to help a good cause outside school and write it all down.
- Think about causes that mean a lot to you.
- Consider things you could do to include other classmates, friends or family.

LEARN

- Learn about what is most needed to help your community.
- Find out about different ways people are helping to make the world a better place.
- Study your favorite cause and learn as many details you can about the work they do.

ACT

- Help the good cause as you planned during the game.
- Talk to your parents or friends and find out a cause you can help together.
- Get involved with a cause long-term and do whatever you can to help in your free time.

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42

PLAY

- Partners find someone and tell them when you want to share lunch with them.
- Talk about how nice it is having a friendly meal together.
- Each partner can plan to share lunch with someone different.

LEARN

- Learn about the advantages of sharing with others.
- Study how lunch is different in different places.
- What are the keys to eating a healthy lunch?

ACT

- Share lunch as planned during playing.
- Bring an extra treat and share it with a lunch buddy.
- Plan a lunch where a group all share all the food they have!

43

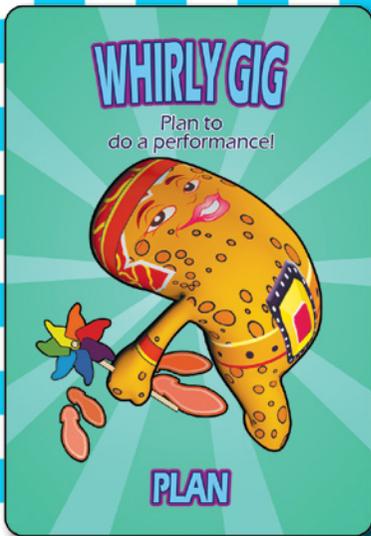
Share your ideas or Acting Kindly stories by sending them by e-mail to: ideas@planetearthlings.org and possibly get a shoutout on our website or Facebook page!

FRIENDLY FEAST

Plan to share food with someone!



PLAN



PLAY

- Write down your planned performance with your partner's name.
- Do a short version of the performance while playing!
- Discuss what different kinds of performances you might do.

LEARN

- What are all the different performance arts?
- Study theater and the keys to dramatic performances.
- Learn about how performance has changed and how new types have emerged.

ACT

- Perform the performance you planned with your partner during the game.
- Write a funny script based on members of your family.
- Do an impromptu performance out in public!

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44

PLAY

- Write down what you plan to do with your partner's name!
- Discuss a good deed you and your partner could do together outside of school.
- Think of a good deed you might be able to do with a group of friends from school.

LEARN

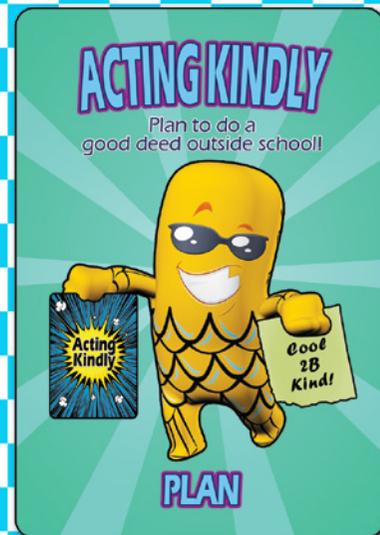
- Find out about organizations helping in your community.
- Study different types of causes and talk to your friends on how you could help them.
- Learn about how helping others helps you too!

ACT

- Do what you planned with your partner while playing!
- Help an social organization a few hours a week for a month.
- Buy a homeless person lunch.

45

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Relax

Taking time to relax can be key to doing everything better...and it feels great!

46

PLAY

- Close your eyes and concentrate on your breathing.
- Stare at something and try to concentrate on just that object.
- Come up with your own way for you and your partner to meditate.

LEARN

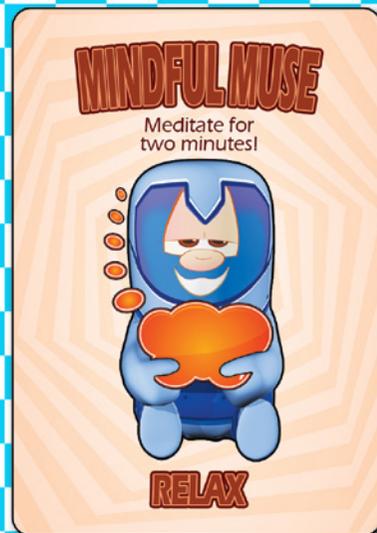
- Learn what the advantages of meditation are.
- Learn different ways of meditating and try them out with family or friends.
- Study the history of meditation.

ACT

- For two weeks meditate for two minutes once a day.
- Try a different type of meditation once a day for a week.
- Meditate with a parent or sibling before going to bed at night.

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SILENT STRIDE

Walk silently for two minutes!



RELAX

PLAY

- Walk slowly concentrating on the sensation of each foot as it touches the ground.
- Walk in a circle with your partner next to you.
- Do funny walks while keeping silent.

LEARN

- Learn about walking and how different animals do it.
- Study the animation of walking.
- What happens to the brain when you are walking silently?

ACT

- Invite a friend to go on a walk and walk silently together.
- Walk silently with a relative or friend copying how they walk.
- Take a brisk silent walk every day for a week.

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48

PLAY

- Act like you're falling asleep in a very funny way.
- Walk around like you're sleep walking.
- Yawn making funny sounds.

LEARN

- Study why we get tired.
- Why do we sleep?
- Learn about different ways people use to fall asleep.

ACT

- Prank your mom by telling her how exhausted you are and conk out for 2 minutes.
- Take a nap after lunch.
- Act like you've fallen asleep some place unexpected.

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LAZYLAZE

Act tired for two minutes!



RELAX

BREATHE BIG

Ten deep breaths!
In your nose...out your mouth.



RELAX

PLAY

- See how long you can take to inhale each time.
- Try to do twenty breaths!
- Sit straight, close your eyes and do each breath very slowly.

LEARN

- Learn why breathing properly is important and share that information with your friends.
- Study the anatomy of breathing.
- Look up and find different kinds of breathing exercises...and try them.

ACT

- Develop a habit to take 10 deep breaths every morning before you leave for school.
- Develop a habit to take 10 deep breaths every night before you go to sleep.
- Do some breathing exercises with one of your family or friends.

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50

PLAY

- Close your eyes and count your breathes as you relax.
- Stare at your partner and try not to laugh.
- Look at something stationary and try to concentrate on it.

LEARN

- Learn about silence.
- Study what sitting quietly does to the mind.
- Learn about sound, how it is made and how do we hear it.

ACT

- Sit quietly for a few minutes when you first wake up.
- Sit quietly with one of your parents or a sibling.
- Sit quietly for a few minutes when you're out in public.

51

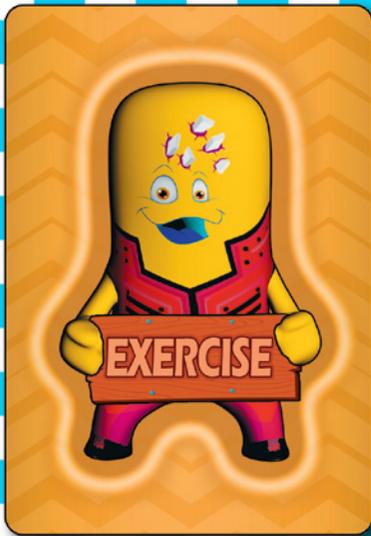
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QUITE QUIET

Sit quietly for
two minutes!



RELAX



Exercise

Body and mind build strength by exercising. It's time to have some fun and burn a few calories!

52

PLAY

- See how many pushups you and your partner can do in a minute.
- Help each other while you're doing your pushups.
- Do different kinds of pushups.

LEARN

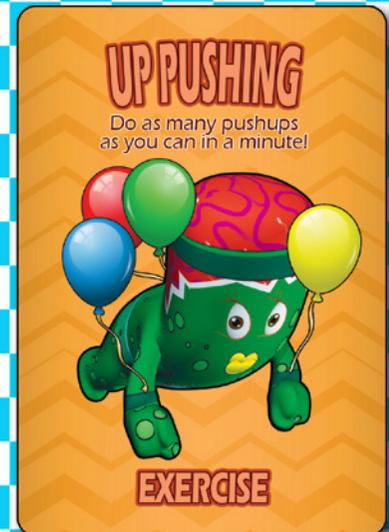
- Learn the proper way to do a pushup.
- Look up the world record for most pushups in one minute.
- What muscles do you use while doing pushups?

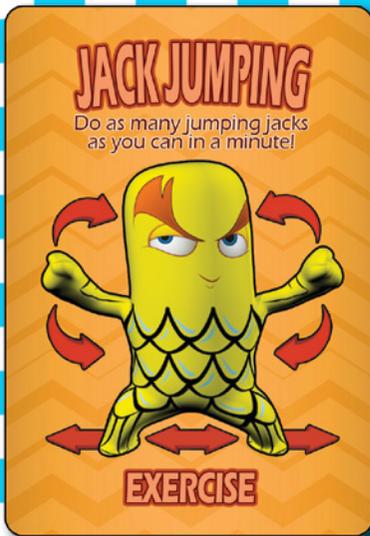
ACT

- Put on your favorite song and do pushups to the beat.
- Do pushups every morning for a week.
- Challenge a parent or sibling to do pushups with you.

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PLAY

- See how many Jumping Jacks you and your partner can do.
- Do Jumping Jacks in slow motion.
- Do Jumping Jacks as fast as you can.

LEARN

- Where did Jumping Jacks originate and why are they called that?
- Learn about what aerobic exercise does for the body.
- Study exercise and create your own little exercise routine.

ACT

- Pick a favorite song and doing jumping jacks till it ends.
- Do Jumping Jacks every day for a week trying to do five more each day!
- Teach someone in your family to do Jumping Jacks.

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PLAY

- Help each other while doing the squats.
- Count how many you can do and try to do more next time you draw Super Squats.
- Do squats and then jump as high as you can before doing the next one.

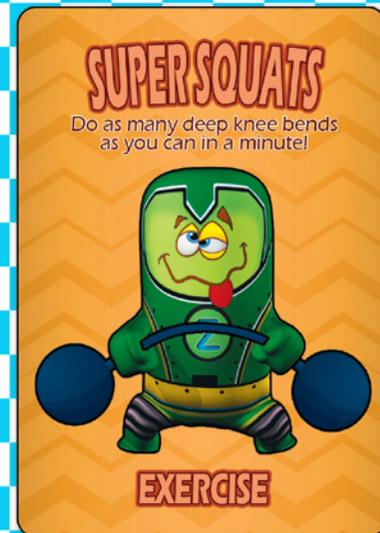
LEARN

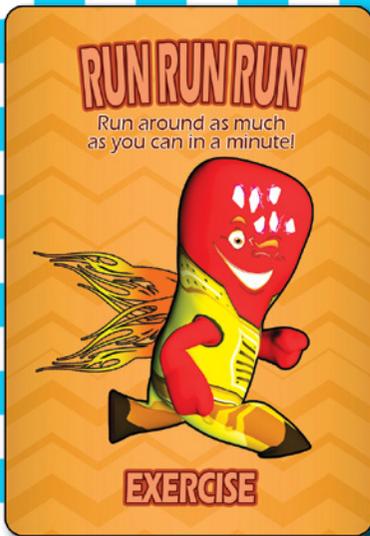
- Find out what muscles you're using while doing squats.
- Study different types of exercise and how they affect the body in different ways.
- Learn about which muscles and bones are used to do deep knee bends.

ACT

- Do squats at home every morning for a week.
- Get someone in your family to do squats with you.
- Challenge a friend to exercise with you including doing deep knee bends.

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PLAY

- Skip while you run!
- Run backwards...but watch where you're going.
- Run in funny patterns with your partner.

LEARN

- Learn about the advantages of running as exercise.
- Study the history of running.
- Watch a video about the physiology of running.

ACT

- Challenge a friend to run around with you.
- Organize a game of freeze tag keeping your friends running around a whole recess.
- Run before or after school for a week for at least 15 minutes.

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PLAY

- Organize as many people as you can to participate in a leap frog race.
- Get as many friends as you can to form a leapfrog line across the playground.
- Play leap frog and make funny sounds at the same time.

LEARN

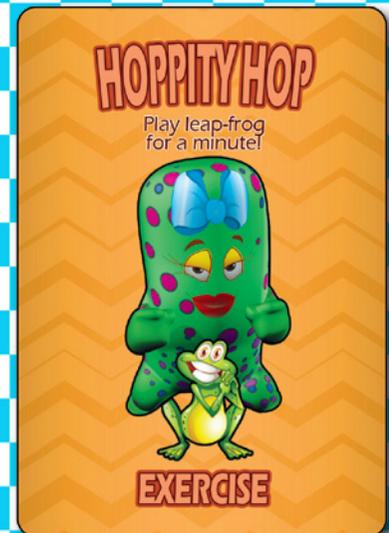
- What are the differences between frogs and toads?
- Learn to make different frog sounds and make frog songs with your friends.
- Study about amphibians and their role in the animal kingdom.

ACT

- Play leap frog with your friends after school.
- Can you come up with any variations on the game of leap frog?
- Find a friend who is trying to make a leap in their life and help them!

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**Acting
Kindly**
@School



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Special Thanks to: Alisa, Duniya, Chandni, Archana,
Bharti & Ruben for their help with this booklet!

59

Kindness Quotes

No act of kindness, no matter how small, is ever wasted. (Aesop)

Kindness is the language which the deaf can hear and the blind can see. (Mark Twain)

The simplest acts of kindness are by far more powerful than a thousand heads bowing in prayer. (Gandhi)

A little thought and a little kindness are often worth more than a great deal of money. (John Rushkin)

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love. (Lao Tzu)

You cannot do a kindness too soon, for you never know how soon it will be too late. (Ralph Waldo Emerson)

What wisdom can you find that is greater than kindness? (Jean-Jacques Rousseau)

We need more kindness, more compassion, more joy, more laughter. (Ellen DeGeneres)

I always say that kindness is the greatest beauty that you can have. (Andie MacDowell)

My religion is very simple. My religion is kindness. (Dalai Lama)

(Sources: brainyquote.com and azquotes.com)

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Check These Out...



Acting Kindly Mobile
Available for Android & iOS



Zarbul
Educational Virtual World - Coming Soon

An Alien Inspired Change the World Game

MISSION: Perform acts of kindness and fun deeds to spread joy and make new friends!

ACTING KINDLY @SCHOOL: is a cooperative game with cards in eight categories...Kindness, Greet, Create, Play, Quest, Plan, Exercise and Relax. Also, there are People, Switch Teams and Wild Cards.



COMING SOON: "Acting Kindly @Work" "Acting Kindly @Home" and "Acting Kindly 4 All" a no text version for playing anywhere in the Universe!



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Acting Kindly @School - A Planet Earthlings Game
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Always play Acting Kindly games in teams staying aware of surroundings and being considerate of others!

SAY NO TO BULLYING



**AGE
8+**

