

Do it for Dolly Day

Senior Secondary Activity Ideas

As a class or family watch the following YouTube clip:
[Kid President's Pep Talk For the World.](#)

Activity #1 Let's talk about kindness

Ask the class:

1. What is kindness?
2. How does it currently play out in your life?
3. How would you like it to play out in the world?

Students can brainstorm as a group or in small groups and share their responses.

Activity #2: The empathy formula and how we can use it... for people might be fighting a battle you know nothing about.

E = eye contact
M = movement
P = posture
A = affect or expressed emotions
T = tone of voice
H = hearing the whole person without judgement
Y = your response

Using a past or present example, apply the EMPATHY formula and write down how it might have changed how you responded or the outcome?

How might the world change if we responded with more kindness and empathy?

Draw or write your individual response.