

# Do it for Dolly Day

## Junior Secondary Activity Ideas

As a class or family watch the following YouTube clip: [Kid President's 20 Things We Should Say More Often](#)

### Activity #1 Whole group discussion

Ask the class:

- What is the impact on others if we were to say these things more often?
- How does what we say change how people feel?
- How does what we say make us feel?

Students put a thumbs up to support their classmate's contribution and to signal they agree.

### Activity #2: Spreading kindness

As a class, brainstorm 'What is kindness'. Choose both big and small versions of kindness.



Each student is given a class member (assigned by the teacher) to write one kind sentence about that person and share it to the class one at a time.

To share the kindness, students listening give thumbs up to support the kind words being spoken about the student.

