### MASP Activity Plan

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<th>Activity Title</th>
<th>100 Acts of Kindness Challenge</th>
<th>Virtual Activity</th>
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<td>Theme</td>
<td>Service Learning</td>
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<td>Grade Level</td>
<td>Grades 3-5</td>
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<td>Time</td>
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**Objective/Goal:**
Youth participate in a challenge to complete 100 different acts of kindness.

**Activity Link:**
[https://www.coffecupsandcrayons.com/100-acts-kindness-kids/](https://www.coffecupsandcrayons.com/100-acts-kindness-kids/)

**Materials:**
Online printables, individual activity supplies, tracking poster

**Warm Up/Main Activity/Wrap Up/Reflection:**

**Warm Up:**
Explain the challenge to youth. Discuss the importance of acts of kindness and that acts of kindness can be big or small. Brainstorm a list of acts of kindness that youth can complete.

**Main Activity:**
Create a tracking poster with the youth to mark each act of kindness. Continue adding acts of kindness till full. Allow youth to identify a goal date to complete 100 acts.

**Wrap Up/Reflection:**
Celebrate youth's accomplishments of completing 100 acts of kindness. Discuss their favorite experiences and share future acts they could complete.
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Feedback/

It is useful to make this a part of your daily opening activity. Youth can share their acts aloud.