**Act of Kindness Due Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** You are to perform an act of kindness for someone.

* The act must be performed only by you, not as part of a group. (Ex. Scout troop.)
* The act of kindness must be performed between now and the due date of the assignment. It cannot be a past act.
* The act may be planned or random (done at the spur of the moment). You may not tell the recipient that this is an assignment.

**You will answer the questions below as a reflection on your experience**.

* On a separate paper type or neatly write answers so it can be easily read. Typed is preferred.
* Number your paper and then answer each question with complete sentences.
* **Proof read what you write to be sure it makes sense**.

1. Describe the act of kindness you performed.
2. Why did you choose this particular act?
3. Who was the recipient of your act of kindness?
4. Describe the recipients’ reaction to the act of kindness you performed (remember you cannot tell them it’s an assignment).
5. How do you think performing this act of kindness affected the recipients’ self-esteem?
6. Describe how performing this act of kindness made you feel based on **one** of the following.
   1. If the recipient learned it was you who performed the act describe how you felt
   2. If the recipient didn’t know it was you who performed the act describe how you felt

**In conclusion answer these questions:**

1. Was performing this act of kindness difficult to do, and if so how was it difficult? If it wasn’t difficult explain why.
2. Would you purposely perform an act of kindness again, why or why not?
3. What did you learn from this experience?
4. What effect did performing this act have on the spiritual (how you feel about yourself, your values) and the emotional (awareness of your feelings, your relationship with others) areas of your Wellness Hexagon?