

# KITES OF KINDNESS (GOOD CARE)



## OBJECTIVES:

- Promote the identification of kindness (good care) behaviours.
- Promote and strengthen social skills such as empathy and respect, dialogue, etc.
- Fostering a positive school climate.
- Evaluate what good treatment strategies are being applied within a group.



## AXES:

**Paradigm of kindness (good care)**



## STEP BY STEP OF THE ACTIVITY

### »» INTRODUCTION:

Share the objectives with the participants. Explain that you will be working through zoom/meet and that there will be times when you will be split into rooms for small groups and that the facilitators will stop by the rooms in case the groups have questions or need to clarify the instructions for each group.

### »» 1st part of the activity: Defining “kindness (good care)”

Send each participant a copy of the image of the kite. Invite each participant to complete the kite by writing a definition of kindness (good care) in their own words. They are given the possibility to look up information about the concept on the internet.

### »» 2nd part of the activity: The kites

Each participant in turn shows their kite by taking a picture and sharing it in the common chat and, if they wish, adding a short explanation.

In the meantime, the facilitator will use the whiteboard and stick up all the kites for the group to see.

Energise the discussion to find common ground. Once everyone has shared, take a screenshot.

### »» 3rd part of the activity: Experts of kindness (good care)!

Divide participants into small groups and send them to break-out rooms.

Each group will become a team of “kindness (good care) experts”.

Together they will draw up a new kite with a list of behaviours that promote kindness (good care) within their educational community.

Once the kites are finished, invite each group to present their work to the main group. In the meantime, on a collective kite, drawn on the whiteboard or on Canva, the facilitator collects the contributions of each group where all participants can see what the facilitator is doing.

Finally, the facilitator will share the result of this collective kite by making a screenshot and send it to the participants so that they can use it.

## » Closing of the activity:

Ask the group what they thought of the activity:

*Does it help to identify specific attitudes and behaviours of kindness (good care)?*

They can also be asked if this activity awakened in them a pedagogical intention to work on kindness (good care).

## » Conclusion :

We are all responsible for a good working environment. If we identify together what helps to create a good working environment, it can be worked on as a group guideline.

The facilitator can conclude, with the help of a presentation, by explaining what the manifestations of kindness (good care) are.



### METHODOLOGY:

**Popular education**

### PREPARATION:

Send the attachments (the kite) to the participants.

Have a kite ready on Canva or whiteboard for both when they divide into groups (one for each group) and one for the closing of the activity.



### DIGITAL TOOLS INVOLVED:

Zoom/meet with possibility of creating rooms for small groups and whiteboard, computers with video cameras, sound, microphones. Canva images of kites

### PLATFORM USED:

Zoom, whiteboard



### DURATION:

**1h30**



### THEORETICAL FRAMEWORK

Barudy, J., Dantagnan, M., (2005). *Los buenos tratos a la infancia: parentalidad, apego y resiliencia*. Ed. gedisa

In art therapy, it is argued that symbolising through an object allows people to distance, visualise and express. This allows for a more personal involvement and sharing in a process of transformation.



### TIPS FOR THE PERSON DOING IT

Familiarise yourself with the different strategies of virtual work and take time to experience them yourself before facilitating the activities.

### ANEXO

Comet  
[Comet link](#)

