

Reflection Activities

String Theory

Purpose: To increase students' self-confidence and positive energy in the classroom by giving and receiving compliments. This activity also demonstrates the contagion of positive thinking and kind words.

Preparation:

You will need:

- Small pieces of paper
- Writing utensils
- Yarn

Each student should have two small pieces of paper and one writing utensil.

Instructions:

1. Before beginning the activity, ask students to write one word on a piece of paper explaining how they feel at that moment. Encourage them to be truthful. Collect the papers.
2. Have students form a circle, either standing, or sitting in chairs or on the floor.
3. Begin by holding the yarn (the teacher starts). Choose a student at random, give them a compliment about a positive quality or characteristic trait they have. Once the teacher compliments a student, he or she will hold onto one end of the string and pass the rest of the yarn to the chosen student.
4. The second person will choose another student to compliment and pass the yarn to. Repeat until every student has both given and received compliments, and is holding a piece of the string. Encourage students to keep from complimenting their closest friends.
5. Once everyone has participated, note how all the strings are connected and intertwined within the circle. Touch on how acts of kindness and kind words play an important role in everyone's life - one small action can enhance another's emotions.
6. Have students return to their desks and ask them to write one word on a piece of paper explaining how they presently feel. Encourage them to be truthful and collect papers.
7. Tally up or compare the feelings from before and after the activity. Do you see the difference in emotion? How did your students say they felt after the String Theory activity? Present the findings to the class the next day and show them proof of how being kind can affect a person's happiness.

Adapted from:

<https://thinkkindness.org/kindness-classroom-activity-string-theory/>