

3 Acts of Goodness



School Program

Organiser: Nan Tien Institute CRICOS:03233C

Sponsor: Nan Tien Temple

Wollongong, NSW, Australia

1. Theme: The theme of this project is called the Three Acts of Goodness, or the Three Virtuous Acts, or any other name you might choose to adapt as long as it fulfills the goals of the project.

2. Organiser: Nan Tien Institute, Wollongong, NSW

3. Goals of the Project:

- i. Provide students with artistic activities through which to improve their artistic skills and promote acts of goodness;
- ii. Through this school program based on the “Three Acts of Goodness” (speak good words, do good deeds, and think good thoughts), it is hoped that students can be inspired to live with these good principles, practicing mutual respect and tolerance. Hence, in the process of these actions, they can spread joy and love to all corners of society;
- iii. Generate endless imagination and creativity within the theme: “Practice the Three Acts of Goodness”; and,
- iv. Actualise the “Three Acts of Goodness.”
 - Physical acts – do good deeds: simple acts in serving and contributing
 - Spoken words – speak good words of loving-kindness, encouragement and praise; and.
 - Thoughts – think good thoughts. Be sincere and create good situations through positive visualisations

Note: The organiser reserves the right to amend any rules and regulations as and when necessary. Please refer to Nan Tien Institute’s website for updates www.nantien.edu.au

4. Participants: Primary and High Schools in NSW

5. Rules for entry:

- i) Implement daily practice of “the Three Acts of Goodness”;
- ii) Schools are required to submit a proposal outlining their plan to implement; and
- iii) All proposals must meet the criteria and format set by the organiser.

6. Participants should fill out the application form clearly and return a copy to:

Reverend Miao You

Nan Tien Institute

PO Box 1336

Unanderra NSW 2526

Or email miaoyou@nantien.edu.au

7. Guidelines and the application form can be downloaded from the Nan Tien Institute website: www.nantien.edu.au
8. School sponsorship proposals: will be reviewed by Nan Tien Temple staff and schools notified within 4 weeks following acceptance of their proposals sponsorship outcome. **The successful schools will be awarded \$1,000 for their participation.**
9. Criteria: The entries will be assessed according to the following
 - 40% Relevance to the theme “Three Acts of Goodness”
 - 40% Technique
 - 20% Creativity
10. Copyrights and use of project images and examples: The school’s proposal, photos, artwork and activities may be used by the organiser, Nan Tien Institute, Berkeley, Australia in promoting these activities to a wider community audience and through the media.
 - i. Media opportunities: Please advise if your school is not willing to participate in any potential media exposure related to this project.
11. Consultation is available to help you launch this program.

2013 “Three Acts of Goodness” School Program - Application Form

School Name			
School Address	No.	Street State	Postcode City
Principal Name	First	Last	
Email 1		Contact Tel.	(Direct)
Email 2			(Office)
Title of Project			
Specify which classes in the school are involved and teachers' name	<input type="checkbox"/> Kindergarten <input type="checkbox"/> Year 1 <input type="checkbox"/> Year 2 <input type="checkbox"/> Year 3 <input type="checkbox"/> Year 4 <input type="checkbox"/> Year 5 <input type="checkbox"/> Year 6 <input type="checkbox"/> Year 7 <input type="checkbox"/> Year 8 <input type="checkbox"/> Year 9 <input type="checkbox"/> Year 9..... <input type="checkbox"/> Year 11 <input type="checkbox"/> Year 12		
Description of Proposed Program	Please summarise your proposal here and use blank pages to outline how you will implement the program.		

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Office Use Only		
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Date Received (Post Office Stamp)	Receiver's Signature	Remarks

Note: 1) For administration purpose, please submit a copy of this application form (photocopy permissible). Entries with incomplete information or application form not completed will be ineligible.
 2) Contact: (61 2) 4272 0600 (Ext. 614 Ven. Miao You)

ACTIVITY IDEAS

(For Primary Schools)

You could love come up with your own unique ideas, however here are some ideas to get you started.....



 Do Good Deeds 



 Say Good Words 



 Think Good Thoughts 

Board Ideas:

Friendship Tree: Draw a tree on your board. Have a paper or magnet heart prepared with each child's name. Have the children close their eyes and choose a heart with another child's name. They identify the name and think of a **good deed** they could do for that child. Then they hang the heart on an empty branch on the tree.

Feelings Board: Have faces prepared with different expressions (e.g. happy, sad) to place on your board. Each child takes a turn to tell how they feel when they **think good thoughts** and to choose a corresponding face expression linked to the good thoughts they are thinking.

Lighthouse: Create a lighthouse with good character traits angled out as light beams (e.g. kindness, respect, honesty, responsibility). Discuss how we can best use these different traits to **do good deeds**, **speak good words**, and **think good thoughts**.

Virtue Tree: Create a big tree on your board (or on a bulletin board if you wish it to stay visible for a longer period of time), and attach a different virtue (in the shape of a leaf with the virtue written on it, e.g. courtesy, kindness, helpfulness, gentleness) each week. Discuss the virtue at group time, and have children give examples of how these virtues are expressed through **doing good deeds**, **speaking good words** and/or **thinking good thoughts**.

Put up "**Three Acts of Goodness Zone**" signs at the entrances to your school and classroom to remind people to remember to practice **Acts of Goodness**.

Put a large blank banner in the entryway to the school and invite students from all grade levels, teachers, administrators, parents and other community members to write their **Three Acts of Goodness** stories on it. Students can then present the finished banner to the principal, display it at a local establishment or post it in the classroom as a reminder of the positive effects that these **Acts of Goodness** have on people.

Art/Cooking:

Friendship Hands: Create handprints of each child. String them together as if everyone is holding hands, and hang it in the classroom.

Mommy's Favorite Book (or Daddy, Grandma, friend, etc.): Have each child create a book. The children fill in the blanks (Mummy's favorite food, song, outfit, things to do, etc.) and then design the artwork. This helps children find out about others' likes and dislikes and can be tied into caring for one another by respecting their preferences. It also makes a treasured gift and would help to demonstrate '**doing good deeds**'.

Friendship Salad: Have each child bring an item to add to your friendship salad (e.g., strawberries, grapes). Design a big smile into the salad and discuss how everyone participated to make it smile; similarly to when we **do good deeds** for others.

Hold a "**Good thoughts** Card Day." Everyone in the class writes something nice about someone else on a card. Distribute the cards and spend time reading what others wrote.

Story Time/Group Time:

Storytelling: Create a very short story and have children respond. For example: Johnny is riding his bike. He falls off, hurts his knee, and starts to cry. What could you do to help him (**good deeds** or **good words**)?

Spider Web: Have the children sit in a circle and explain that you're going to make a spider web. Give the first child the end of the string and the ball. He or she holds the end with one hand and with the other rolls the ball to another child. It continues in the same manner from child to child. Remind them to hang on. At the end, discuss that we are all connected and the importance of being kind to everybody in the class.

Hold '**Do good deeds, speak good words, think good thoughts**' Story Time once a week, during which children and teachers can share stories of kindness from their daily lives. Children could draw a picture about their kindness story and share it with the class. After sharing, talk about how **doing good deeds, speaking good words, and thinking good thoughts** makes both the giver and the recipient feel. Also, discuss why these arts of goodness are important to both friendships and families.

Hold a "**Three Acts of Goodness** Sharing Day" once a week. Sit in a circle, and have everyone in the class say something nice about one child. The teacher writes all the comments on a "You Are Special" sheet and gives it to the child or posts it on the bulletin board with the child's photograph.

In a circle, have each child talk about one relative or friend and say why that person is so special. Then discuss what **Acts of Goodness** (e.g. give a hug, draw a picture) the child could do to let the person know that he/she is special.

Encourage the children to do one **good deed** everyday, like give a hug, lend a crayon, or play with someone new.

Start each day with a story about an **Act of Goodness** from the news, or show a video demonstrating **Three Acts of Goodness** from www.randomactsofkindness.org or www.values.com.

Start a **Three Acts of Goodness** Club and commit to doing at least one **Act of Goodness** per week. Tell the class of your activities and outcomes.

Have your principal start each day with a reading about one of the **Three Acts of Goodness** over the intercom.

Outreach:

Adopt a local assisted-living home and do some **good deeds** for the home (e.g. talent show, holiday treats, visits).

Toy Giveaway: Young children love growing up. Find a local charity that needs used toys, books, etc. Initiate a toy drive at your school: have the children and their parents decide which toys the children have outgrown and **do good deeds** through your donations.

Lotus Flower: The lotus flower is used throughout the year after the initial group lesson about it. The lotus flower is used when two children are having a difficult time resolving a conflict. It is placed in the same place for the entire year. When two children are having a conflict, one of them (or a third child mediator) retrieves the lotus flower. They discuss their problem by taking turns talking and expressing their feelings. One child holds the lotus flower and gets to talk without being interrupted by the other child. Then the lotus flower is passed to the other child so he/she can talk uninterrupted. Whoever has the lotus flower gets to talk without being interrupted by another child. After they have resolved their problem or overcome the difficulty, they all put hands on the lotus flower and say "All declare peace." The flower is then replaced on the shelf.

Peace Table: Set up a special table with two chairs and a flower arrangement. If two children are having difficulty, they may sit at the table and discuss it. They keep their hands in their lap and take turns without interrupting, and resolve their conflict. Then they may shake hands (or hug if they choose) and go back to their work. The lesson for this activity is given at the beginning of the year.

Angel Box: Have the children look for others doing **Acts of Goodness**. When they notice something, they may write it down, draw a picture of it, or have the teacher write it out. Then

they put it in the angel box. At the end of the week, the stories and drawings are read and discussed at group.

Start a “sticker campaign” to spread the **Three Acts of Goodness**. Staff members and teachers can pick up stickers each Monday as they sign in, then give them to kids they observe doing an **Act of Goodness**, telling them exactly what they did to earn the sticker.

Have your classroom create a **Three Acts of Goodness** quilt for display at the school, in a shopping mall, or at the shopping centre. Each child draws an **Act of Goodness** picture on a patch and then asks a group of parent volunteers to assemble the quilt. If multiple quilts are made, they can be distributed to children’s hospitals and to organisations that support the homeless.

Have the students write a kindness note to all relatives and special friends letting them know why they are so special.

Have the students create an alphabetical list of easy Acts of Goodness activities together. For instance:

A: I pat a friendly Animal.

B: I Brought my laundry to the washroom.

C: I helped a person Carry something.

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X: I gave someone in my family an eXtra hug.

Then make up a **Three Acts of Goodness** page on bright paper with the A - Z activities listed on it. As the students complete each **Act of Goodness** activity, they can tell about it and punch out that letter with a hole punch (with help if needed). When the students punch out their letters completely, they get their names on a bulletin board with perhaps a quote from them about why the Three Acts of Goodness are important or about how their **Three Acts of Goodness** activities made them feel.

Organise the older students to “adopt” younger students for the day. The students can eat lunch together, read to each other or play a game together.

Gather a collection of **Three Acts of Goodness** stories from students, teachers, families and administrators. Publish and distribute the “book” to the school and community. Allow students to keep a few copies to give to people who have made a difference in their lives or offer to people as an example of **doing good deeds**.

Do good deeds. Hold a teddy bear drive and collect new and used teddy bears throughout the school and community. Also, ask the student council for funding to buy more bears. Gather all of the teddy bears and donate them to the police or fire station to be distributed to fire victims and/or cancer patients at the local children’s hospital.

Plan a classroom or school recycling effort. Contact a local agency to see if it would be willing to remove your recyclables. Find out how they must be sorted and stored. Collect and recycle everything you can. Contact your local media for publicity of your efforts.

Start a ribbon campaign and give out **Do good deeds, speak good words, think good thoughts** ribbons to be worn and passed on to another. Your class could sign the back before passing them along. Gather the “completed” ribbons and give them to the local shopping mall, municipal building or city hall to be displayed.

Conduct a **Three Acts of Goodness** Search. Have the students look online for stories about **doing good deeds, speaking good words, thinking good thoughts** and summarise the story for the rest of the class. Keep a record of all the stories and make a “**Three Acts of Goodness**” anthology book.

Talk to the school or town library about forgiving late fines during **Three Acts of Goodness** Week. In return, volunteer to help librarians with book organisation, cleaning and landscaping.

Do good deeds. Create and deliver baskets of lovely things for the elderly or shut-ins. Talk with local shops and ask for free supplies or ideas. Take a class field trip to deliver the baskets.

Sponsor the planting of a **Three Acts of Goodness** Tree or **Three Acts of Goodness** Flower Bed. With the help of youth groups, service clubs or other volunteers, plant the tree or flowers in a public area of the school grounds. Display a **Three Acts of Goodness** Plaque by the display for others to read about **doing good deeds, speaking good words, thinking good thoughts**. This could also be done in a public park or walking trail.

Volunteer to tutor younger students in your school with maths, science, spelling, etc.

Set up a handyman/ Gardener Appreciation Day and have your class assist with their jobs for an hour/day for a week. Be sure to make a banner or card telling your handyman / gardener how much they are appreciated. A special basket of lovely things could also be given to these special people.

Make hearts for Valentine's Day and post them all over the school. Include the name of one student, teacher, administrator, handyman, volunteer, etc., and write an **Act of Goodness** to complete on each heart. Be sure that students find their hearts and complete their assigned task. Record comments and thoughts about the activity from students and staff members and publish them in the school newspaper.

Your school's student council or **Three Acts of Goodness (3AoG)** Club can sponsor an activity each day during **(3AoG)** Week and can announce the events each morning over the intercom. Some activity ideas include: A trash pick-up, a visit to a local senior home, youth shelter, children's hospital, animal shelter, etc.

Promote special classroom recycling projects. The profits can benefit a special **Three Acts of Goodness** activity or local cause.

Study kind people in history. Have students illustrate their **Acts of Goodness** and discuss them in class or write a report.

Make individual "check lists" for students during **(3AoG)** Week and encourage each student to complete some or all of the **Three Acts of Goodness** gestures listed. Activities could include: helping neighbors weed their lawns; writing a note to a supervisor of someone who has helped you, picking up litter; offering to baby-sit for a mother with young children to give her a day or evening to herself; surprising someone in your house with breakfast in bed (and cleaning up the kitchen); smiling and saying thank you to the bus driver and doing anything else that is good.



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