

Be Kind, Stay Rebel

This November, Rebel Girls is celebrating kindness. The activities below are inspired by five incredible women and girls who demonstrate kindness in different and meaningful ways.

LISTEN UP!

One way to exercise kindness is to practice empathy and understanding—something Oprah Winfrey does really well when she interviews guests. Channel your inner talk show host and prepare some thoughtful questions to ask a friend, family member, teacher, or other person in your life. As they answer your questions, make sure to listen closely and ask questions to follow up on what your friend has said.

KEEP A KINDNESS JOURNAL

Lady Gaga talks a lot about how kindness can affect mental health. When someone is kind toward you, it can improve your mood. You also feel better when you are kind to others—when you give a sincere compliment, help someone with a task, write and send a kind note, or pitch in around the house. Find a notebook, calendar, or journal, and record the acts of kindness you perform everyday. Read over your list before you go to bed. Who knows? You might just dream up some new ways to share kindness the next day.

CREATE KINDNESS COUPONS

Ruby Kate Chitsey set up a nonprofit organization called Three Wishes for Ruby's Residents. She grants wishes for residents of assisted living homes. You too can grant wishes for others! Think of some simple things you can do for your grown-ups or siblings, then make a book of kindness coupons. Write down what each coupon is good for—a hug, a pep talk, doing the dishes, walking the dog, making breakfast, etc. Add drawings and decorations to make your coupons unique. Then hand them over and be ready to lend a helping hand.

MAKE SOMEONE FEEL SPECIAL

Like Lady Gaga says, "Practicing kindness is powerful." If you can use your creativity and craftiness to make someone else feel good, why wouldn't you? Make acrostics to give to people in your life. Here's how you do it.

1. Gather markers, crayons, colored pencils, stickers, and other art supplies.
2. Write the name of the person you want to celebrate in large letters vertically down the left side of a sheet of paper.
3. Use each letter in their name as the first letter of a word or phrase that describes how wonderful they are. For example:

Great at gymnastics

Really sweet

Artistic

Caring

Energetic

4. Decorate the acrostic with illustrations, stickers, and other fun stuff.
5. Spread smiles by giving your wonderful homemade gift to your friend.

Listen to stories about these amazing young changemakers on the Rebel Girls app. Just scan the codes below.



Oprah Winfrey



Lady Gaga