

“You will never have a completely bad day if you show kindness at least once.”

Greg Henry Quinn



IT IS ALL ABOUT KINDNESS

School staff can foster kindness in their classroom and schools by teaching and role modelling empathy - the second cousin of kindness.

Below are 7 activities you can do in your schools:

1. **Do a temperature check**– Ask your students, staff and parents how they are feeling today. By asking this simple question it demonstrates you care about those people.
2. Do a **community circle** focusing on kindness. Have students list one kind thing they have seen within the last 24 hours.
3. Have students write in a journal **one good thing** that has happened to them in the last three days. This can be confidentially for those students that struggle to do this activity.
4. Have students do a “**write-around**” and write one positive thing about a student sitting to the right of them. Collect these sayings and provide it to that student to make their day.
5. Do a **kindness mural**. Have students write kind things they feel about their school.
6. Create an **appreciation box**. Have students submit their writings and place them in the box. Open up the box every few days and write the kindness notes to the class.
7. **Host a smile day**. Challenge students to *smile* when they greet someone in the hall, classroom, or school grounds.