



February 26th– It is time to focus on kindness



Instead of promoting anti-bullying, teach **kindness**. Shine more **light** on what you want than on what you don't want.



When we teach kindness instead of anti-bullying,

we acknowledge the good that already exists in each child.

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Did you know???

Research states that focusing on kindness instead of anti bullying helps to deter that behavior. It's far more effective to teach children the positive behaviour that will help them understand what it means to be a good friend.

In-school character education and kindness programs address bullying in a positive way. They also equip students with the social and emotional skills they'll need all their lives. Kids are suffering—sometimes being pushed to breaking point. There is a need in today's world to give our children hope through kindness. So wear a pink shirt and think of the positive approach which is kindness. Try this activities at home or in the school:

- Write a kindness card for someone you care about
- Brainstorm ways to be kind together
- Create a kindness gram for someone that may be bullied
- Do a random act of kindness with your family or class

Ten Foot and Five Foot Rule : Try it and see what happens

The "Ten Foot, Five Foot Rule" is generally a grassroots strategy, for people dealing with people. This can be tried with your staff, students and parents. It is really a simple strategy:

Within ten feet or so of a student or staff or parent, you should acknowledge them with a smile. Within five feet or so of that person, you should acknowledge them verbally. It may be a simple, "Good morning," or "Great day today," and end with a smile. The idea is to create a small positive interaction between you and that person. Research states that this kindness approach has actually changed school cultures, workplace environments and some communities. This very simple easy strategy needs practicing with all in the school community. Try it and see the difference!

Useful websites:

<https://www.bullying.co.uk/anti-bullying-week/choose-kindness/>

<https://ripplekindness.org/school-curriculum/why-kindness/>