

Element One – **KINDNESS TO SCHOOL** – 1st Quarter

This quarter focuses on raising the awareness of the importance of kindness within your school community. The goal in this quarter is to show your school community how simple acts of kindness can make a difference -

- Hold **'free snack stands'** such as muffins, cookies, fruit, cold water etc., and spread kindness with treats
- Organize a **'book exchange'** before a school vacation/break – students can bring a book they have read and exchange for a different gently used book
- Distribute **'kindness notes'** to each student by delivering a note to each school locker. Notes can be handmade or printed from template, with messages such as –
 - Always be a Little Kinder than Necessary
 - No act of kindness, no matter how small, is ever wasted (Aesop)
 - Kindness Matters
 - Kindness Makes the Difference
 - One Act of Kindness Can Change the World.
- Do a **"Kindness Challenge"**: Make fliers and place them around your school (this can also be done on your club's social media group). Fliers should challenge your school community to do acts of kindness and pay it forward, unit everyone in the school has done and received an act of kindness. Set a time for your challenge, a day, a week however long you think it will take to go around your school.

Kindness cards – Make kindness cards that individuals can pick from and carry out the task on the card.

Provide B kind pencils to students and staff on the first day of school, with a note of kindness attached