

FOUR ELEMENTS OF KINDNESS

1

Kindness to School / Work

This element focuses on raising the awareness of the importance of kindness within your school / workplace. The goal is to show your school / work how simple acts of kindness can make a difference -

- Create a **free snacks stands** with things such as muffins, fruit, cookies cold water etc.
- Organize a **book exchange** before a school vacation/break - students can bring a book they have read and exchange it for a different gently used book.
- Distribute **kindness notes** to your classmates and teachers. Notes can be handmade or printed from templates, 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
- **Kindness Challenge** - create a kindness challenge at your school or your workplace. Challenge your classmates or colleagues to complete acts of kindness and pay it forward, until everyone has done and received an act of kindness. Set a time perimeter for completion.
- **Classroom volunteer** - offer to assist your teacher with classroom decorations, clean up etc. Encourage your classmates to join in.
- Start a **B kind Club** in your classroom
- Create a **culture of kindness** in your workplace
- **Bring or make a gift** for your teacher
- Leave a **glowing review** of a local business online
- **Write a list** of things you appreciate about your boss and give it to them