
Kindness Week

MONDAY

MESSAGE TO THE CLASS

KINDNESS, A BRIEF DISCUSSION

Today is the start of our Kindness Week. A week where we pay special attention to all the kind things, we do for ourselves, we do for others and others do for us. As we pay attention to kindness, you might be surprised at all the kindness around us all the time! What is kindness? It is the quality of being friendly, generous and considerate. Kindness is a core human need. It is the energy that allows us to be mindful of others and contribute to their wellbeing, while also contributing to our own well-being.

You will each be receiving a paper hand (or a piece of paper and asked to trace your hand(s) and cut them out). Each time you offer kindness to yourself or another, or a kind gesture is offered to you during the week, you will be asked to note each of the gestures somewhere on your paper hand. At the end of the week you can decorate or colour in your hand(s).

(Note: It is recommended that the students be offered a few minutes every day to note down the kindness they witnessed or received.)

Each hand will symbolize many acts of kindness. At the end of the week, or start of the following week, we join all the paper hands together, sticking them around the school to create a kindness chain or on one wall to create a collective art installation representing all the kindness in our school.

(Note: For younger students who are not able to write yet, a teacher can note down the kindness acts on behalf of the students, if time permits. If not, teachers can hold short daily group discussions to share the kindness acts that were witnessed or experienced that day. The students will be asked to decorate a hand to represent the kindness).

NOON ACTIVITY

Supervisors will animate a cooperation game outside.

KINDNESS MINUTE: Name someone in your school who will be the guardian of the of the kindness minute. This could be your school's receptionist, behavior technician, staff member leading kindness week or student leaders. This kindness minute can take many forms. It could be a kindness message shared over the school's intercom, a mindful minute lead over the intercom, students with fun bells that visit one class at a time, be creative! In one elementary school we work with the librarian dresses up as the Kindness Fairy and visits the class and leads guided visualizations and mini yoga sessions. Be creative!
How many gestures did you notice and write on your hand?

MESSAGE FOR THE TEACHERS AND CLASSROOM ACTIVITY

DISCUSSION: Can you give examples of kind gestures you might see in the classroom, in the hallways, in the school yard, outside of school....

YOUTUBE SUGGESTIONS

- Benevolence, Vancouver Film School,
Justin Lewis, Uniraptor, 2:26secs (yellow robot)
- Love has no labels, ad council, 3:20 min (video on diversity and inclusion)

TUESDAY

MESSAGE FOR THE CLASS

RANDOM ACTS OF KINDNESS ARE FREE

Scientists have discovered that people who perform acts of kindness or caring, live longer and are happier people. WHY? It seems that these gestures make not only the person who receives them happy, but also the person who offers them happy. So today, be kind to someone and do yourself good! But beware! Expect nothing in return! Your reward is knowing that you have helped someone, encouraged someone, shared something with someone, and that makes us KIND!

NOON ACTIVITY

The supervisors will animate outdoor games.

KINDNESS MINUTE: “Nathalie” will be the guardian of the kindness minute this week. Stayed tuned.

How many kind gestures did you add to your hand today?

MESSAGE FOR THE TEACHERS AND CLASSROOM ACTIVITY

DISCUSSION: How do you feel when someone is being kind to you? How do you feel when you help others?

CHALLENGE: After watching the #EatTogether video, this week, it would be wonderful to invite a class in a younger grade to share snack time with your class.

YOUTUBE SUGGESTIONS

- #EatTogether, 2:30 mins to launch the challenge! (for all ages)
- Merci! De Christine Rabette 6:49mins (a short film demonstrating how laughter is contagious, for all ages!!!)

WEDNESDAY

MESSAGE FOR THE CLASS

TODAY'S SPECIAL, 2 FOR 1

DISCUSSION: Today, try the 2 for 1 special. If you receive one kindness, your challenge is to offer two kind gestures to someone else. As you know being kind to others is also good for you! There is no danger in being too kind! So be creative!

NOON ACTIVITY

Outdoor supervisors will organize a cooperation game.

KINDNESS MINUTE: “Nathalie” will be the guardian of the kindness minute this week. Stayed tuned.

How many kind gestures did you add to your hand today?

MESSAGE FOR THE TEACHERS AND CLASSROOM ACTIVITY

DISCUSSION: Can we offer kindness to people other than our friends and family? Can we offer kindness to people we don't know? Of course! In our school we....(add your projects here). Elizabeth Ballantyne School for example, participates in We Walk for Water, the Terry Fox Run, Holiday Food Collections, recycling used clothing, etc. Today try to offer kindness to people in your class and the school that you know less. It's easier to offer kindness to people you know well. Challenge yourself! Dare to offer kindness to people you know less, people outside your friendship circle!

YOUTUBE SUGGESTIONS

- What a wonderful world, playing for change, 3:40 m
(group that supports musicians and social projects)
- I was here, Beyonce (United Nations, world humanitarian day) 4:34 min (for ages 8 and up)

THURSDAY

MESSAGE FOR THE CLASS

I CAN MAKE A DIFFERENCE, WHEN I STAY COMMITTED!!

Our small gestures (helping a friend study for a test they are really worried about) and our big ones (shaving our head and donating 14" of our hair to make a wig for a someone with cancer) all make a difference. All those who have won Noble Peace Prizes have all started with small gestures. It is their commitment and motivation that made the biggest difference. Can you think of someone that helped you or supported you that you may not have thanked? Write a gratitude note/a thank you note to them. You can also choose to write a note to yourself. Is there a moment, a gesture that you want to celebrate? Maybe something that took courage that you want to thank yourself for? It's ok to be proud of yourself! Sometimes the smallest gestures can be the most touching.

NOON ACTIVITY

Dance party in the school yard. All you need is some loud music!

THE KINDNESS MINUTE: "Nathalie" will be the guardian of the kindness minute this week. Stayed tuned.

REMEMBER YOUR PAPER HAND. How many kind gestures did you add to your hand today?

MESSAGE FOR THE TEACHERS AND CLASSROOM ACTIVITY

DISCUSSION: Think about a person around you that you admire because he or she welcomes kindness and offers kindness. During a class circle name the person that you admire and give examples of their kindness.

YOUTUBE SUGGESTIONS

- Mark Bezos, tedtalks, How effective small gestures can be.
- Stand by me, playing for change

FRIDAY

MESSAGE FOR THE CLASS

ME, YOU, US

On the menu today: anonymous kindness gestures, celebrations and cooperation!
A great big thank you to all of you for participating. Do not forget to hand in your paper hands to your teacher.

NOON ACTIVITY

Cooperative games outside with the older and younger students playing together. If you have giant parachutes take them outside to play with.

THE KINDNESS MINUTE: “Nathalie” will be the guardian of the kindness minute this week. Stayed tuned.

Do not forget to hand in your paper hands to your teacher.
Remember: Be Kinder than necessary! It’s good for you and those around you!

MESSAGE FOR THE TEACHERS AND CLASSROOM ACTIVITY

DISCUSSION: Think about your proudest moment, a moment where you offered kindness, you helped a friend or an adult. Think about a time when someone showed kindness towards you.

YOUTUBE SUGGESTIONS

- United, playing for change, 4:51 (for all ages)
- Where the hell is matt 2012 (for all ages)