How do you promote kindness?

- Catch me being kind - poms for when you're kind - when the fun is kind - kindness on
- Making x-mas decorations for the other class +
- Giving the last day so they won't get anything back
- Class dojo + being highlighted for thoughtfulness and kindness + they enjoy being highlighted for being kind
- 7 habits - clone once every 6 days.
- Cardygrams to an anonymous person - write what they appreciated about them (picking names out of a hat)
- "Why you're valuable" - written on class photos.
- Thankful Thursday letter - Written to anyone in the school.
- Feb. - kindness month - Each class pick a "served" project.
  - One class cleaned boot racks + wrote encouraging notes to custodian staff
  - Going into community - cleaning gym of youthcentre - Making sandwiches for
  - Sing to people.
- Go to a retirement community - sing to them, play games - Parent day - seniors from the community
- Highlighting kindness from a book, then passing those words to their friend the person next to them
- "Roots of empathy"
- How can you make the grinch's heart grow.
How do you promote kindness?

~ Make and handout Xmas cards to the community.
~ Letters to seniors.
~ Snapchat (caught you being kind) print & display
~ Shovelling neighbourhood
~ Litter clean-up
~ Make & exchange bookmarks
~ Holiday socks
~ Friendship bracelets
~ Holiday shopping baskets (hammers)
~ Random door decorating
~ Buddy bench
~ Novel studies
~ Kindness jar
How do you promote kindness?

- Restorative Practices
  - Circles
  - Random Acts of Kindness Initiatives
- Writing letters
  - to people in classroom
  - to buddies around Canada
- to compliments
  - anyone
  - buddies in Kenge

- Buddy Bench
- Kindness Jar
  - Kindness cards given to students
  - BringEnum 10 cards to library
  - Green 10 friends
  - Buddy up K through 9

- Buckets Filling

- Food Bank Magic of Christmas

- Sticky Note Campaign

- Buddy Days
- Building community staff of year

- Getting to know you activities

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School Environment
Whole School Activities
Inquiry Projects

Classroom Lessons/Programs
Books
Service Projects

Classroom Routines
Staff Wellness
How do you promote kindness?

- Gratefulness circle
  - Naming specific events/examples
- Journaling
  - Mindfulness
  - Naming character traits
- Goal setting for the next week + reflections
- Pictures of kind acts
- Super improver bulletin board
  - Visual kindness stickers
- Kindness jar
  - Teacher catches students doing something kind and when the jar is full they class goes and does something kind for another class.
- Bragging circle
  - Another student will tell about a kind act they have observed from someone else.
- Grand conversations with solid examples
  - What does it look like, sound like, feels like

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School Environment
Whole School Activities
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Classroom Routines
Staff Wellness
How do you promote kindness?

- Staff team building activities
- Yoga once a week
- Extended care @ lodge w/ kids
  - cards
  - read
  - talent show
- Bake muffins for kids who don't have or during high school exams
- Carry groceries or something every Friday w/ small group
- Volunteer @ foodbank
- Lollipop random acts of kindness
- Cheerclub carries out random acts of kindness
- Kindness club
- Read alouds to increase value of kindness
- Cheerup clubs - help kids @ recess
- Virtue assemblies (kindness, etc)
  - teach & celebrate
- Donation boxes around school for clothes that others could take
- Kind notes on desks from teachers / students
- Random drawings w/ kind notes for lockers
How do you promote kindness?

- Bucket Filling Bulletin Board - add a sticky note every time someone does an act of kindness. Try to fill the bucket.
- Teachers fill out slip of paper respectful, resilient, and responsible. Students get bracelet. Examples shared at assemblies.
- Same as above (similar). VIP section in assemblies to recognize those students.
- Friend Friday - sit w/ who want at lunch, but always room for one more.
- Morning Announcements - announce bucket fillers.
- Addressing students by name during greetings/goodbyes. Asking questions about personal life (ie: hockey game on weekend).
- Friendship Friday - whole school works on common act of kindness for community (ie: decorating bags for food bank, flower pots on doorsteps etc.)
- Compliment for every classmate regularly (ie: whiteboards, sticky notes, paper).
- Student of the Week - end of week sit in chair, classmates give a compliment/write on chain link. Everyone makes a chain and takes home by end of year.
- Read to seniors or younger students.
- Scavenger hunt w/ seniors and students; Christmas carols, crafts, cookies, Christmas cards.
- Students gave cards to Jim's customers, who bought hot chocolate for students; students then gave hot chocolate to teachers.
- Kindness Boomerang video.
- Student led clubs centered around kindness.