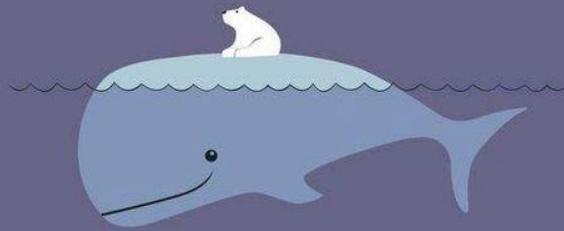


February's Character Strength:

Kindness



Kindness



The quality of being friendly, generous, and considerate.

Wais' Wisdom: Kindness

- Encouraging kind behavior in schools can make a big difference and is so much more than just a 'nice to have'. Evidence shows that promoting kindness among young people directly reduces disruptive behavior and helps to increase social and emotional well-being.

Suggested kindness activities:

- 1. Everyone writes down his/her name on a scrap of paper, folds it so the name can't be seen and puts it into a box. Everyone picks out a name. The mission is to do one act of kindness for that person during the week. At the end of the week the class talks about the act of kindness they did.
- 2. Start a kindness wall. Ask children to notice acts of kindness done by others around them. On the kindness wall they can post messages, stories, photos, drawings or thank-you notes about kind things people have done for them or kind things they've seen down for others.
- 3. Carrying out kind acts creates a virtuous circle. Have children practice random acts of kindness. It can be anything as long as it brings a smile to the person's face so that the child feels how good it is to do kind things for others.

Kindness Poem

Create a Conspiracy of Kindness

Smile at someone

Lend a helping hand

Affirm someone

Send a thank you note

Give the gift of music

Bake something and share

Draw someone a picture

Call and check on someone

Include someone new

Be cheerful.

Kindness Resources

- Fishing with Sam

https://www.youtube.com/watch?v=xMnx_3BC7EM



- Kid President's 20 Things We Should Say More Often

<https://www.youtube.com/watch?v=m5yCOSHeYn4>



- Good Goes Round

<https://www.cheerios.com/good-goes-round/>



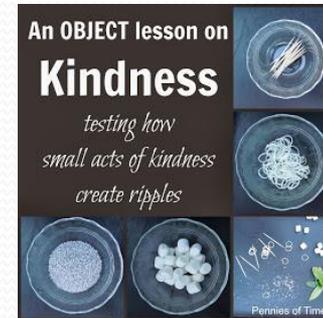
Kindness Resources

- Kindness Object Lesson

- <http://penniesoftime.blogspot.com/2014/01/object-lesson-on-acts-of-kindness.html?m=1>

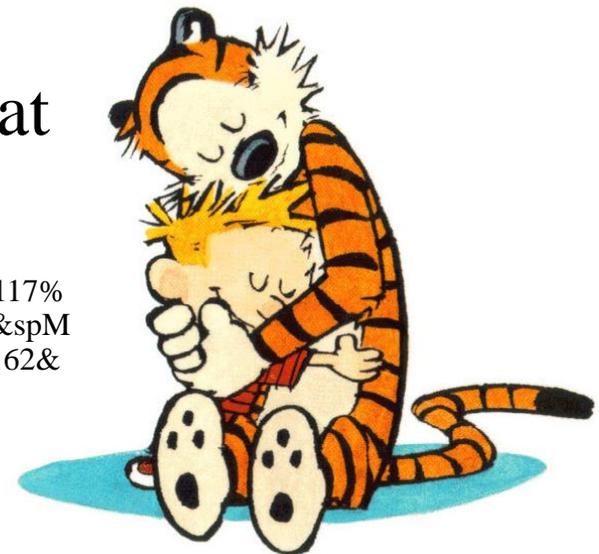
- actsofkindness.org

<https://www.randomactsofkindness.org/for-educators>

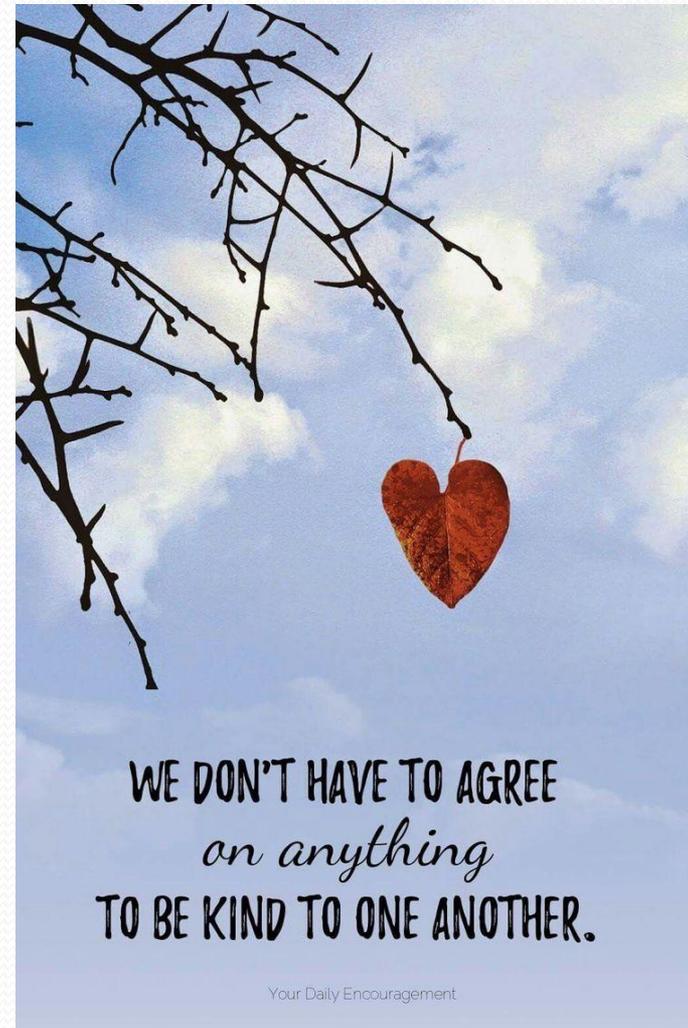


- Kindness is huge in the face of emotional intelligence, this is a great "lesson plan" for Kindness.

- https://www.edutopia.org/blog/kindness-lesson-plan-rebecca-alber?utm_source=SilverpopMailing&utm_medium=email&utm_campaign=030117%20enews%20%20fresh%20starts%20remainder&utm_content=&utm_term=top2&spMailingID=16676639&spUserID=MzQwMDM0NzU4MzE0S0&spJobID=980077162&spReportId=OTgwMDc3MTYyS0



Wisdom for Your Walls



Wisdom for Your Walls

Kindness comes in many forms but always from the heart.



Kindness is a language that the deaf can hear and the blind can see

- Mark Twain

KINDNESS *Pass it on!*

Give a flower Eat lunch with someone new
Listen with your heart Visit a sick friend
Clean a neighbor's walk Offer a hug
Give an unexpected gift Make a new friend
Pick up litter Say "hello" Call a lonely student
Open a Door Help carry a load Plant a tree
Pass a kindness on Share a snack
Cheer up a friend Thank a Teacher Lend a hand
Read to a young child Do a kind act daily
Leave a thank you note Offer your seat
Cycle courteously BE TOLERANT Let another go first
Bake cookies for firefighters Give a compliment
Help a student make friends Assist an adult
Give a balloon away Lend a classmate a pencil
Celebrate something every day Encourage a friend
Respect others Walk a dog Do a favor
Forgive mistakes Smile at someone new 

www.actsofkindness.org

the random acts
of kindness foundation

Kindness Texts

A Sick Day for Amos McGee

by Philip C. Stead

Do Unto Otters: A Book About Manners

Laurie Keller

Kindness is Cooler, Mrs. Ruler

by Margery Cuyler

Those Shoes

by Maribeth Boelts

Ordinary Mary's Extraordinary Deed

by Emily Pearson

What Does It Mean To Be Kind?

by Rana DiOrio

The Last Stop on Market Street

by Matt de la Pena

Have you Filled a Bucket Today?

by Carol McCloud

The Monster Who Lost His Mean

by Tiffany Strelitz

Good People Everywhere

Lynea Gillen

How Kind!

by Mary Murphy

You Go First

Mercer Mayer

Please Don't Tease Tootsie

by Margaret Chamberlain

Best Friends

by Miriam Cohen

Bully Trouble

by Joanna Cole

The Paper Crane

by Molly Bang

How My Parents Learned to Eat

by Ina R. Friedman

My Best Friend

by Pat Hutchins

Stone Soup

by Marcia Brown

William's Doll

by Tomie dePaola

Chrysanthemum

by Kevin Henkes

Goggles!

by Ezra Jack Keats

Thank you, Mr. Falker

by Patricia Polacco

Horton Hears a Who!

Dr. Seuss

Mufaro's Beautiful Daughters

by John Steptoe

The Other Side

by Jacqueline Woodson