

Choose Kindness Foundation

Web-based Kindness Resources

<https://www.spreadingkindnesscampaign.org/books-more/books-for-children/>

Contains books to explore concepts of kindness through literature. Many of the books listed have received national awards and all have received very positive reviews from parents and educators. Age appropriateness will vary depending on reviewer so you may find several of these books can be enjoyed by a wide variety of grade levels.

<https://thinkkindness.org>

This organization has initiated **Kindness Movements** in schools and communities across the United States. They offer a team of dynamic and inspirational speakers and thought leaders to create programs that not only talk about being kind but inspire people to take action. They offer in-person and virtual school assemblies.

<https://www.randomactsofkindness.org/kindergarten-grade-5-lesson-plans#resources>

Tips for starting a Kindness Club in your school. Also see the 14 fun and easy games to foster a positive classroom climate. Great for building teams of any size and dynamic!

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

This is a free social emotional learning curriculum for grades K - 12 that claims to be effective and evidenced based. The website is easy to navigate. Create a login and access all materials across all grade levels. There is also a very detailed training protocol with power points and detailed notes.

<https://proudtobeprimary.com> Social Emotional Learning & Character Education K-2

This is a complete curriculum for grades K – 2. There are detailed lesson plans, suggested resources and books, worksheets and activities, including roleplaying and discussion guides.

<https://thegreatkindnesschallenge.com> The Great Kindness Challenge - School Edition is one week devoted to performing as many acts of kindness as possible on campus.

<https://www.pbs.org/education/blog/9-tips-for-teaching-kindness-in-the-classroom>

Find helpful tips for teaching kindness. “devoting ample time to nurturing the classroom culture through teaching kindness is exactly what allows us to be successful in other areas.”

<https://www.operationgratitude.com/express-your-thanks-virtual-groups/write-letters-virtual/>

Through donation drives, letter writing campaigns, craft projects, hands-on volunteer events and other activities, Operation Gratitude provides children an opportunity to say “thank you” to those who serve. Students write letters of gratitude which are sent to Operation Gratitude to be included in care packages for deployed troops or first responders.

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<https://www.ptotoday.com/pto-today-articles/article/8862-awesome-ways-to-encourage-being-kind-at-school> 25 Ways to Encourage Being Kind at School lists great, fun and creative ways to engage all ages of students in kindness activities, events and projects.

KINDNESS CHECKLISTS Character Building Kindness Challenge Google Slides Template

https://www.teacherspayteachers.com/Product/KINDNESS-CHECKLISTS-Character-Building-Kindness-Challenge-Google-Slides-Template-1545591?utm_source=Education%20Sidebar%20Website&utm_campaign=Editable%20Kindness%20Checklist

<https://letscultivategreatness.com/category/student-council-leadership/>

13 Kindness projects for middle and high school students.
37 Community and school staff appreciation days to celebrate.

Springfield Public Schools: Envisioning a Community of Kindness video

<https://youtu.be/UfQgVqYS6cM>

Kindness video Twin Rivers Elementary, Springfield, OR

<https://www.youtube.com/watch?v=xAv4GY44vHE&feature=youtu.be>
https://drive.google.com/drive/folders/1rD2ipZLqjJWxPndS5GepPe_HwvAtd1d5?usp=sharing

3-Minute music video by elementary students about the importance of wearing a mask. <https://youtu.be/mJmMMUzU33w>

<https://www.learningforjustice.org/mix-it-up>

Students consistently identify the cafeteria as a place in their school where divisions are clearly drawn. "Mix-it-up" asks students to move out of their comfort zones and connect with someone new over lunch. It's a simple act with profound implications that we encourage educators to include in year-round efforts to promote healthy, welcoming school environments. Studies have shown that interactions across group lines can help reduce prejudice. When students interact with those who are different from them, biases and misperceptions can fall away.

<https://www.wqed.org/kind/>

Stories of kindness. Virtual and physical Trees of Kindness activities. One of a Kind stories/videos highlight student directed kindness activities.

<https://www.spreadingkindnesscampaign.org/wp-content/uploads/2019/04/Anaheim-Elementary-Schools-One-Million-Acts-of-Kindness.pdf>

Million Acts of Kindness School Challenge at Anaheim High School shows brief videos of various high school students' acts of kindness.

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<https://www.thepathway2success.com/?s=kindness>

The Pathway 2 Success. This is an SEL Curriculum for students in grades K – 8; there are separate programs for K – 2, 3 – 5, 5 – 8.

“Do Kindness”*

*Adapted from Learning for Justice website

Art Show: Students create art and mix media to showcase acts of kindness.

Buddy Share: Students create writings, art, storytelling stories about acts of kindness and how it feels to be kind and share their work with “buddies” not in their classroom.

Spotlight on Kindness: Students interview and profile individuals sharing and promoting acts of kindness in their school.

Kindness Bulletin Board: Students develop visual, collaborative and creative representations of kindness to display on bulletin boards around school.

Mural/Poster Campaign: students create murals or posters depicting acts of kindness and promoting the positive effects of kindness.

Community Newsletter: Students write, compile and publish art and nonfiction writing about kindness in their school and community and share with families and community.

Kindness Fair: Students work in small groups to role-play or tell stories about real life examples of kindness and perform their works for others.

PSA for Kindness: Students create digital media to raise awareness of benefits of being kind.

Kindness Picture Book Share: Students work in small groups to write and illustrate books about kindness then use the books to teach younger children about being kind.

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Be Friendly	Help Others	Reach Out to Those in Need	Show Appreciation
1. Paint kindness rocks with friendly messages and set them around your neighborhood where they'll be seen.	Hand out coloring books and sets of crayons to kids you see in waiting rooms (the doctor's office, car service center, car wash, restaurant, in line, etc.)	Create kindness bags to hand out to homeless people in need	Make a thank you note for mailman and delivery people who come to your house
2. Call your grandparents and ask them about their childhood.	Do a chore for your brother or sister	Give away your old toys to place that will make them available to kids who don't have toys	Take a basket of treats and snacks to a local fire station
3. Call a friend you haven't seen in a while to say hello.	Make your brother or sister's bed and clean up their room "just because" without being asked	Help rake leaves and shovel snow for senior citizens.	Learn a person's name and say thank you for waiting on you at a restaurant or coffee stop.
4. Smile and greet a cashier.	On a hot day, keep a cooler of iced water and drinks on your porch or front of your yard	Collect food to donate to a local food bank	Give the bus driver a candy bar and tell them "thank you"
5. Smile and greet ten people you do not know.	Help make dinner	For your birthday, ask for donations to a charity helping children instead of birthday gifts for yourself	Tell a nurse, doctor, or other health care provider "thank you" for their service.
6. Tell a relative or close friend how much you care for them.	Clean up your room without being asked.	Set up a lemonade stand and donate the profits to a local charity	Bring cookies or a snack to the staff at a local nursing home, veterinarian clinic, police station, doctor's office, etc.
7. Send birthday cards to someone you don't know.	Volunteer at a soup kitchen.	Visit a nursing home and be nice to the residents – talk with them or read a book to someone.	Write a small note of thanks for someone who has done you a favor
8. Share a special toy with a friend.	Clean up your toys without being asked	Donate socks, nice used clothing and supplies to the homeless shelter	Write a thank you note letting others know how much you appreciated their generosity.
9. Invite someone to play on the playground.	Donate your books that you no longer read but are in good condition to a shelter.	Donate coloring books and crayons to the children's hospital. Collect books for the library.	Express your gratitude and say "Thank you" to a teacher or staff member who has made a difference in your life.