

# 50 WAYS TO PROMOTE KINDNESS IN THE CLASSROOM

Greet every student individually at the start of each day.

Offer high fives, handshakes and hugs.

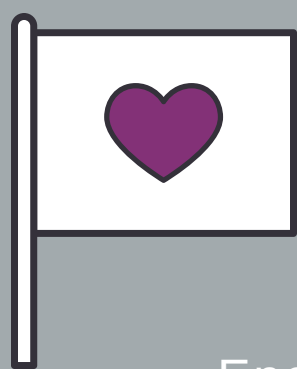
Set ground rules to be caring and respectful.

Create a mission statement, jobs and routines as a class.

Schedule morning meetings, daily check-ins or sharing circles.



Sit in a gratitude circle and share what you appreciate about each other.



Provide opportunities to practice giving and receiving compliments.

Keep a thankful or gratitude journal.

Encourage students to write letters of gratitude to parents, teachers, family members or coaches.

Have students write encouraging notes to each other.

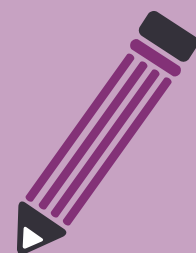
Check in when students are doing what they are supposed to be doing (e.g., "Thank you for working quietly.").

Write kind sticky notes to each student twice a month.

Have lunch with individual students.

Teach students to embrace making mistakes and learning from them.

Write a thank you note to a student or colleague.



Hold a group discussion about kindness and respect:  
What does it look like? How does it make you feel?  
How can we do more?



Notice and praise acts of kindness.

Teach self-regulation.

Explore the bucket filling concept.

Read books about kindness and discuss ideas.

Establish a system for students to recognize their peers for helping others.

Organize a 'caught ya being kind!' initiative.

Make phone calls home celebrating acts of kindness.

Read kindness notes during the morning announcements.

Create a kindness tree to share random acts of kindness.



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Encourage students to put random happy notes on lockers.

Make friendship bracelets with 'our class would KNOT be the same without you' message.

Create kindness bookmarks and leave them in random books in the library.



Incorporate mindfulness activities into the day.

Say goodbye to each student as they leave the school.

Prepare a kindness calendar and reveal acts of kindness each day for a month.

Offer a leadership class that focuses on acts of kindness.



Offer a mentorship program where older students are paired with younger students.

Start a generosity lunch club for students to show generosity to the entire school.

Organize multi-level buddies or mixed grade homerooms.

Build a buddy bench for students to find new friends.

Use body breaks to calm, energize or refocus.

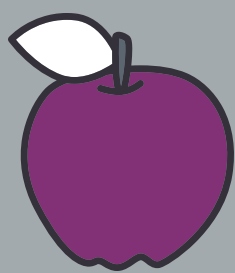
Use a problem solving circle to discuss and resolve concerns.



Train playground leaders to be approachable play partners.

Have a peace table in the classroom to work out problems.

Celebrate World Teachers' Day on October 5.



Keep a binder of staff favourites for random acts of kindness

Assist students to create posters to celebrate individual teachers and other school staff.

Organize staff potlucks to come together and celebrate.

Distribute coffee or tea to staff and helpers in the school.

Plan inquiry projects based on service.

Create Christmas cards for seniors.

Collect items for charity.

Deliver messages of hope to the hospital.

Create a student volunteer project.

