

# How do you promote Kindness?



- Greeting and saying goodbye to students
- Culture of affection and respect for staff and students
- Bucket filling stories and activities
- Classroom heart puzzle - when someone does something nice they add a piece to the puzzle
- Celebration of students - they can celebrate themselves or others
- Kindness sticky notes that students give each other
- Use puppets to role play social problem solving
- Monthly assemblies related to pillars of care - care for self, others, place
- Prize box - nominate another student to get one
- Positive growth mindset
- Books- "We are all Wonders", "Ugly", "Miss Rumphius" (by Barbara Cooney)
- Me to We club - fundraising, toy drive, collecting jackets
- Community of caring - big family groups, thoughtful cafe, virtues project, service projects, peace patrollers teaching games on the playground
- Wrinkled hearts activity - tell student how they wrinkled your heart
- Apple activity - put nails into an apple to create scars on the the apple, use happy face stickers to put on the scars
- Recognizing, pointing out, praising acts of kindness
- Discussing respect and kindness - what it is and what it looks like
- Buddy classes, fostering multi-age experiences, finding role models
- Co-creating classroom expectations
- Dramatic play/skits on how to be friends
- Mindfulness, relaxation, breathing, music circle
- Incorporate into classroom curriculum
- Inquiry project related to empathy
- Acts of kindness tree, read them as part of the announcements
- Delivering cards to neighbours/seniors
- Circle of Courage programming at school
- Staff thank you / kudos, gratitude sharing with staff
- Compliment circles, compliment box
- Buddy bench
- Fundraisers for charities/schools
- Thank you to... for...
- Valentines for students, bracelets for valentines day
- Restorative circles, cool down corner
- Random acts of kindness
- Class meetings, morning meetings, sharing circles

