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
“Kindness is like snow—it beautifies everything it covers.”

—Kahlil Gibran

We don’t have to agree on anything to be kind to one another.
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
Listen with your heart
Clean a neighbor’s walk
Offer a hug
Give an unexpected gift
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
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