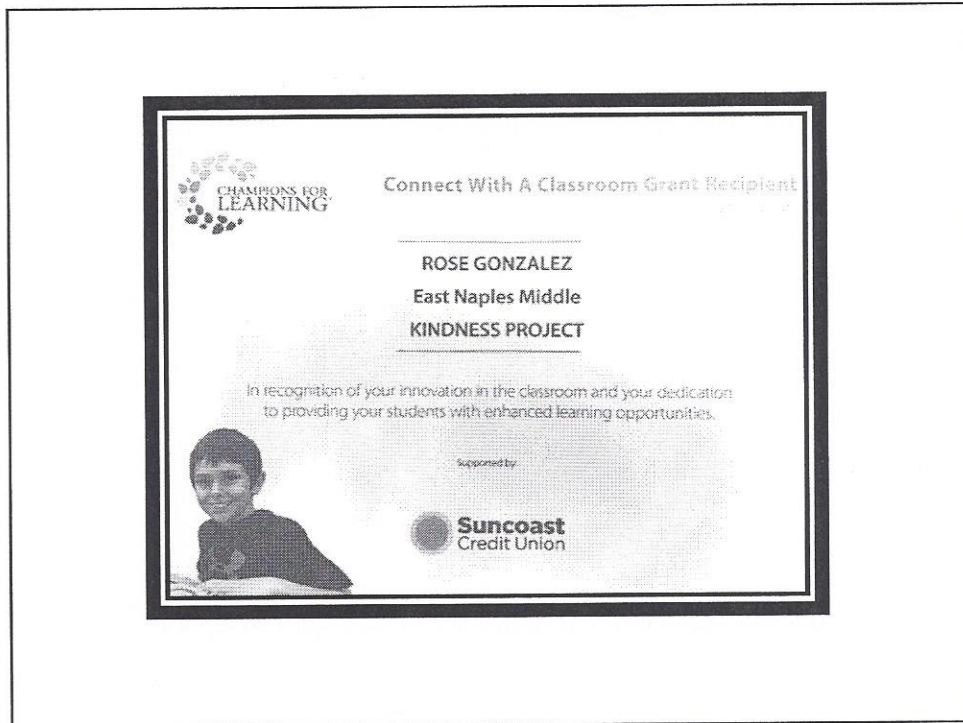


East Naples Middle School:
PROUD TO BE
KIND
GATORS

The Kindness Project

Rose Gonzalez, Ed.S.

WHY?
WHAT is it?
HOW?



KINDNESS PROGRAMS Happening Around the world:

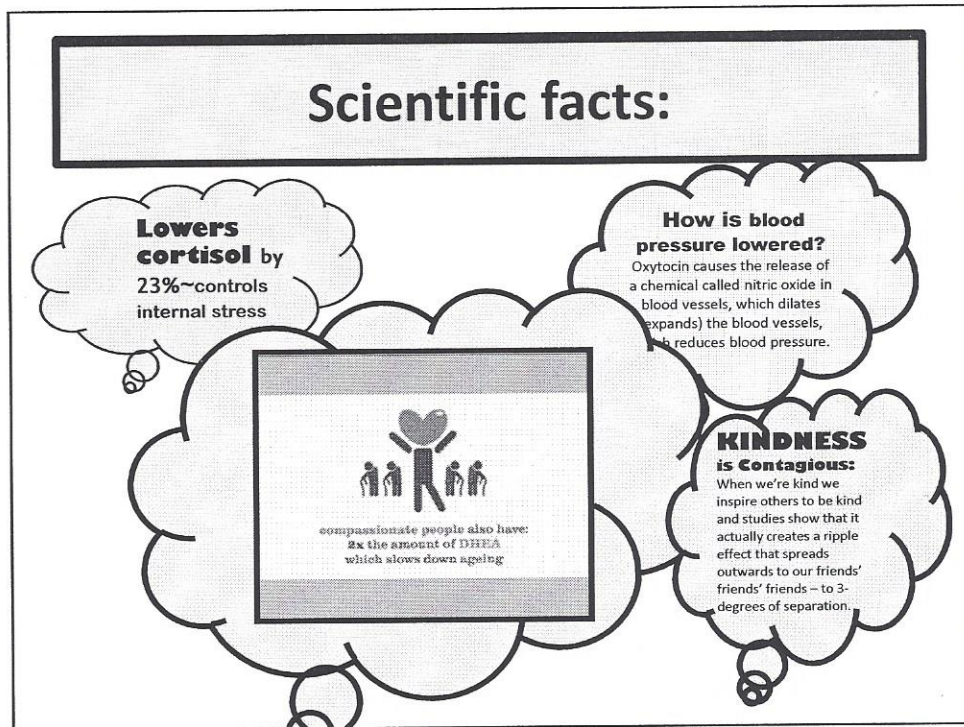
KINDNESS^{UK}
Promoting, sharing and uniting kindness

[Home](#) | [Kind News](#) | [Info](#) | [Research](#) | [Kindness Day UK](#) | [Schools](#) | [Kind Quotes](#) | [Kind Acts](#)

Kindness Day UK

13th November every year

Help to spread kindness and help make the world a kinder place



INTERESTING KINDNESS FACTS:

- One Person -2 a day - those 2 people do 2 a day for 10 days = 1,000 acts of kindness
- It takes 5-10-positive events to counterbalance **ONE** Negative event. Negative events are more powerful in our brain's memory
- New trends on the correlation of **LEADERSHIP** and **KINDNESS**
- Just like Math and Reading, **KINDNESS** is a skill that must be taught (role modeling) – by age 18
- Harvard University - 2015 Pledge for all new students – includes **KINDNESS**
- Harvard University study – 10,000 students- 80% selected achievement over **KINDNESS**

PERSONAL IMPACT OF BULLYING

EMOTIONAL IMPACT
 LOW SELF-ESTEEM
 FEELINGS OF WORTHLESSNESS
 ISOLATION
 LACK OF LOVE
 ABSENCE OF COMPASSION
 HIGHER ANXIETY




PHYSICAL IMPACT
 MORE LIKELY TO BULLY OR BE BULLIED
 LOWER ACADEMIC SUCCESS
 SUBSTANCE ABUSE
 DEPRESSION
 POOR SOCIAL SKILLS
 ANGER & VIOLENCE
 SUICIDE

SHOCKING FACTS

- 1 out of every 10 students does so because of repeated bullying.
- In the US alone it is estimated that 160,000 children miss school everyday due to fear of attack or intimidation by their peers
- 1 in 7 students in Grades K-12 is either a bully or a victim of bullying
- Top years for bullying are from 4th-8th grades
- 70% of high school and middle school students have already experienced and witnessed bullying in school.
- Each month, a shocking number of around 282,000 students are victimized by bullying in the United States
- Around 50% of teens have already been victims of cyber bullying.
- 77% of students are being bullied whether physically, mentally, or verbally.
- 75% of school-shootings incidents in the United states are linked to bullying
- 87% of students said shootings are motivated by a desire to "get back at those who have

PERSONAL IMPACT OF
KINDNESS

<p>EMOTIONAL IMPACT</p> <p>COMPASSION EMPATHY KINDNESS EMPOWERMENT SELF-VALUE SELF-ESTEEM INCREASED HAPPINESS & OPTIMISM</p>		<p>PHYSICAL IMPACT</p> <p>ACADEMIC SUCCESS STRONGER RELATIONSHIPS GREATER RESILIENCE MORE MOTIVATED TO SUCCEED CRITICAL THINKING SKILLS STRONGER IMMUNE SYSTEM GREAT SENSE OF FAMILY & COMMUNITY</p>
---	---	---

SHOCKING FACTS

- People who are kind and compassionate are usually the most successful. Studies consistently show that we feel happier when we perform acts of kindness for our children, students, families, friends and communities. Not only do good deeds make us feel better, they provide a more successful lifestyle. (David Brooks, New York Times Nice Guys Finish First).
- Happier children have greater academic success. Students who perform acts of kindness with their peers, families and in the community had greater academic success than those who simply recorded seeing acts of kindness over a span of three months. (Price-Mitchell, 2013)
- Self-efficacy leads to higher achievement, goals, and positive behavior. Research have found that higher self-efficacy is linked to 1) greater ability to think productively by applying positive thinking skills when facing a challenge; 2) higher motivation 3) stronger effort put into an activity or task; greater resilience; and 4) lower vulnerability to stress and depression. (Bandura, 2013)
- Building self-value circumvents depression. An estimated 2 million 13 to 17-year olds experience clinical depression annually, and Reivich and Gillham (2009) have found that building resilience in younger children can help thwart depression before it starts.
- Engaging in an act of Kindness creates a larger cycle of Kindness. Harvard researchers Fowler and Christakis (2008) investigate the phenomenon known as Social Contagion which explores how behaviors and even emotions spread throughout a social network, even up to 3 degrees of separation. Performing random acts of Kindness can have an impact on happiness within a social network up to 3 degrees of separation. Meaning that if one person engages in an act of Kindness, a

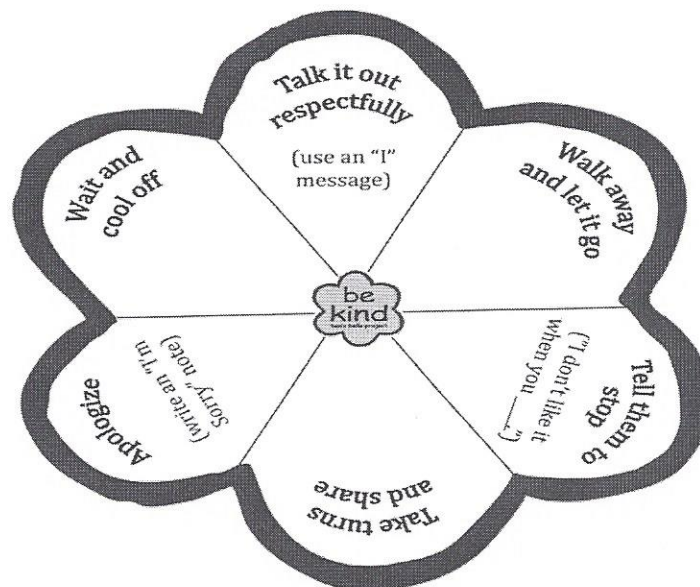
Implementation: School-Wide **KINDNESS** Project

1. Everyone is on board (Staff, Teachers, Students, Parents)
2. Morning TV Announcements
3. Messages of Kindness written by our students on banner
4. Ambassadors of KINDNESS
5. Cafeteria – Wall of Kindness
6. Classroom signs
7. Door-knob signs
8. Sign at all entrances – “Entering a KINDNESS ZONE”
9. Cards distributed by students – “Thank you for your KINDNESS”
10. Postcards distributed by different groups of students –
11. Kindness Jars – celebrate students
12. School Wide- PLEDGE commitment signature sheets

What does it mean to be kind and why is being kind important?

- What is the difference between being nice and being kind?
- Why is it important to be kind to ourselves?
- How can you be kind in tough situations? (see Problem Solving chart on next slide)
- How can we show kindness beyond our school?
- How do we show thanks for the kindness we receive and for the good things in our lives?

Kind Choices: Problem Solving with Kindness





~KINDNESS PROJECT~

You are entering
the
KINDNESS ZONE!

East Naples Middle School

Home of Gator Pride!

Yard signs @ entrances

You are
entering a
**KINDNESS
ZONE**
Please
Participate!
East Naples
Middle School
SMILE, PASS IT ON...

YOU ARE ENTERING
THE
KINDNESS ZONE!

GUIDANCE OFFICE

East Naples Middle School


Signs for offices

You were someone's HERO today!
Thank You!
JUST A NOTE TO SAY THANK YOU FOR
SHOWING KINDNESS.
YOU RECEIVED THIS CARD BECAUSE YOU WERE SEEN BEING KIND!
WRITE YOUR FULL NAME AND ID# ON THE BACK OF THIS CARD SO
WE CAN CELEBRATE YOU! PLACE THIS IN A KINDNESS JAR, FOUND
THROUGHOUT EAST NAPLES MIDDLE SCHOOL!

BE KIND
BE STRONG
East Naples Middle School
BE AMAZING!
YOU BE COOL
BE COURAGEOUS!
YOU ARE AWESOME!
BE YOU!

You are in a
**KINDNESS
ZONE**
SMILE, pass it on...
Please Participate
East Naples Middle School
Home of Gator Pride!

Classroom posters


**WE ARE PROUD
OF YOU!**
**YOU WERE
CAUGHT!**
**BEING A KIND
GATOR!**
© EAST NAPLES MIDDLE

Kindness Card
Someone cared enough
to give you this card to
brighten your day!
FOR YOU:
One act of KINDNESS
can change the world!
Kindness is contagious!
Let's start a movement,
right here at our school!
Now it's your turn! Give
your kindness to someone
else! Let's keep it going!
FOR YOUR FRIEND:
Please feel free to participate,
everyone can use a little
kindness!
Share a smile, Be Kind,
Brighten someone's day!
Pass it on... East Naples Middle School

Kindness Postcards

Thank you for being KIND!
ENM Gators are proud of you!
Be Kind
Print your name and ID# on
the back of this card and
place it in a KINDNESS jar...
Swa Janti Se 'Amable

**CELEBRATION CARD OF
RECOGNITION!**

You are AWESOME!

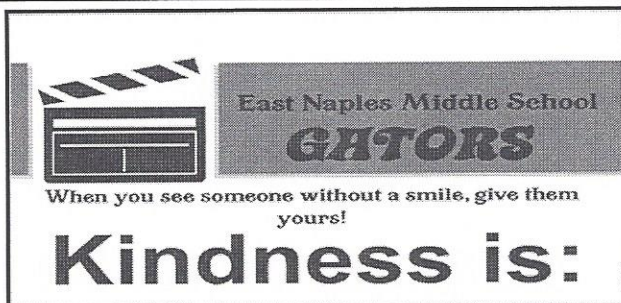
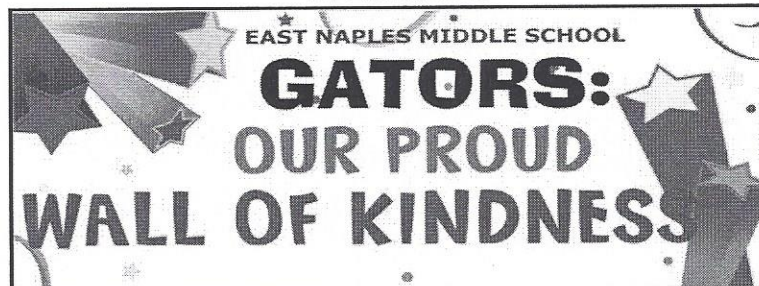
You were caught being a **KIND GATOR!**
You did something to brighten someone's day!

WE ARE PROUD OF YOU!

Continue to do acts of kindness! Pass it on.....

East Naples Middle School thinks you're amazing!

BANNERS



BANNER

