

Good Morning GATORS
this morning with my friend
Andrew, to announce some

. EXCITING NEWS –

Andrew – Ms. Gonzalez, **WHAT's**
the exciting news?

- It's called
**“THE KINDNESS
Project”**

Andrew – What's the
Kindness Project?

- Well, this is a program that I **WOULD
DESCRIBE AS – ITS WHERE
BULLYING ENDS AND kindness
BEGINS.**

- We want out EAST Naples Middle school to be the first in our county to promote KINDNESS through our campus.
- Did you know that scientific research has proven that an act of kindness produces chemical changes in our brain that produce serotonin and oxytocin.

ANDREW – aren't those the chemical that put you in a good mood and gives you a positive outlook?

- You are absolutely right!
- Imagine our entire school with positive attitudes.

Character Education Day

Today's Topic is: KINDNESS

This topic ties in with the school wide kindness initiative that EAST NAPLES MIDDLE school put into place last year. The purpose of this program was to bring attention to the impact that kindness can have on our lives, our school environment and our community. Based on research, students who acquire this skill will be more successful in a multitude of areas.

Please use this lesson as an opportunity to talk about our program and our goal to make ENM a **KINDNESS ZONE!**

Video – “WHAT’S WRONG WITH BEING NICE?” – Episode 19

REFLECTION QUESTIONS after watching this video:

1. WHEN BRENT QUIT HIS JOB AND EXPLAINED WHY HE WAS QUITTING, HIS BOSS TOLD HIM THAT HE WAS “...JUST TOO NICE.”

Do you think it's possible to be too nice or too kind? Have you ever been told that you're too nice in a negative connotation?

2. BRENT FEELS THAT EXCLUDING, BELITTling, OR MAKING FUN OF OTHERS IS “...JUST A SYMPTOM OF OUR OWN INSECURITY” AND THAT THIS HABIT STARTS TO FORM WHILE WE'RE IN HIGH SCHOOL (or even in middle school).

THINK ABOUT A PEER YOU'VE MADE FUN OF OR BEEN MEAN TO.

Why were you mean to this person? Were your actions rooted in how you felt about yourself?

What might happen if you went up to that same person in front of your friends and said something nice instead?

3. Why is it that some older students think that if you are “cool” you can't be kind?

Where did this concept come from?

Who defines what is “cool”?

Activity Ideas:

6th Grade:

- Design a logo that will be the logo/symbol of the 6th grade that will symbolize ENM and kindness. Entries can be turned in to Ms. Gonzalez (deadline Sept. 30th) – Winner will be selected and recognition/prize will be given to winning logo designer!
- Brainstorm ideas that could help older students rethink the concept of how being cool and kind can go together? i.e. – Create sayings that support this concept -
- Create your own KINDNESS sayings that reflect your feelings about kindness. (Can be posted on the Wall of KINDNESS)
- Write two sentences that describes at least two things you are grateful for and how it has taught you to demonstrate kindness to others.

7th Grade:

- Design a logo that will be the logo/symbol of the 7th grade that will symbolize ENM and kindness - Entries can be turned in to Ms. Gonzalez (deadline Sept. 30th) – Winner will be selected and recognition/prize will be given to winning logo designer!
- Create your own KINDNESS sayings that reflect your feelings about kindness.- (can be posted on the Wall of KINDNESS)
- Write two sentences that describes at least two things you are grateful for and how it has shown you to be demonstrate kindness to others.
- Discuss the difference between being kind and being nice (being kind is when you take nice to another level by intentionally doing something (action) for someone by going out of your way for them.

8th Grade:

- Design a logo that will be the logo/symbol of the 7th grade that will symbolize ENM and kindness - Entries can be turned in to Ms. Gonzalez (deadline Sept. 30th) – Winner will be selected and recognition/prize will be given to winning logo designer!
- Discuss where/how the idea developed that if you're "cool" you can't be kind? (social media, music videos, TV shows, movies)
- Discuss specific celebrities, athletes, musicians that we admire ("cool") who do kind actions for other people? i.e. – **"FSU football player eats lunch with autistic student sitting alone..."** This story made news headlines nationally
<http://bigstory.ap.org/article/b0c99ee7742641a0a3c5c797f9b09275/fsu-football-player-eats-lunch-student-sitting-alone>