

KINDNESS ACTIVITY – Kindness Acts

- Using the half sheet of paper (included), have students write or draw, and example of an act of kindness
- Brainstorm some ideas
- Here are some examples:
 1. Opening the door for someone
 2. Writing a thank you note to someone
 3. Make a point to welcome a new student
 4. Help someone who dropped something...
 5. Say something nice to someone (compliment)
 6. Praise your peers (other students)
 7. Let someone go in line in front of you
 8. Ask if you can help
 9. Help someone with yard work (at home)

KINDNESS ACTIVITY

- Give one sheet to every student
- Ask them to write a message (or a saying, or quote) about KINDNESS
- They can draw, decorate or just write it
- Ask them to write it as large as they can, so it can be seen from a few steps away
- These will be posted on a banner in the cafeteria
- They can create one or copy one from the samples I am attaching
- They can also write it in their native language, in addition to English
- They can, but they do not have to sign their name, it is optional

THANK YOU FOR YOUR HELP IN CREATING OUR "KINDNESS ZONE" AT ENM!

If you see
someone
without a
Smile,
Give them
one!

People often
forget that
KINDNESS is
FREE!

BE KIND TO
UNKIND PEOPLE....
THEY NEED IT THE
MOST!

I think you are AWESOME,
Rose Gonzalez, Ed.S.
Kind Counselor

Kindness is a
language that the
deaf can hear and
the blind can see.

~Mark Twain~

KINDNESS ACTIVITY

Question for interviews with Teachers:

- Do you think it is important to have KINDNESS in your classroom?
- Do you think that having KINDNESS in your classroom makes a difference on academics?
- Do you personally remember an incident when a student showed you KINDNESS?
- Have you seen a difference at East Naples Middle since the KINDNESS project was put in place?
- Do you think East Naples Middle School will become a KINDNESS ZONE?
- Do you think other middle schools could use a KINDNESS program like ours?
- How do you think your students could show what they have learned about KINDNESS in your classroom?

~KINDNESS ACTIVITY~

The HEART

This is an INTERACTIVE activity where everyone will be participating as you watch:

- Please turn on your morning news broadcast on:
Monday – January X, 2016
- Distribute a small pink sheet of paper to everyone (they were attached to this form), before the activity begins
- Encourage your students to participate as I tell a story of the power of kind and unkind words

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Rose Gonzalez, Ed.S.
Kind Counselor

KINDNESS CONTEST

Incorporating EQ (Emotional Intelligence) into our students' daily routine is part of our school wide KINDNESS initiative.

Research has connected Science and Kindness, proving that kindness has the ability to chemically change our bodies, thus changing our attitude and disposition.

See Related PowerPoint –After discussion of video:

- Have students research and review their favorite sayings/quotes/mottos about:
 - ✓ Kindness
 - ✓ Compassion
 - ✓ Empathy
 - ✓ Gratitude
 - ✓ Sympathy
 - ✓ Love
- Students name, ID number must be on their paper
- Judging will be done by selected educators
- Prize:
 1. Top 10 sayings/quotes/mottos will have a professional poster made with their name published on it.
 2. It will be laminated, posted on the KINDNESS WALL and ultimately given to student(s) to keep
 3. The top one out of 10 will receive a \$10.00 gift card from WALMART, in addition to their poster