



December's Key to Character

Definitions

Elementary: Kindness is the virtue of showing love and caring.

Secondary: Kindness is the quality of being warmhearted, considerate, humane and sympathetic.

Related Words

Generous	Amiable	Gracious	Obliging
Humane	Loving	Tactful	Solicitous

Make this "Pledge" and live this "Creed" to show the world...

WHAT KINDNESS LOOKS LIKE!

Pledge

I Pledge to myself on this day,
To try to be kind, in every way,
To every person, big and small,
I will help them if they fall.
When I love myself and others to,
That is the best that I can do!

Source: www.kindacts.net

Creed

We will cheer people up,
Help others when they hurt,
Share with others,
Use good manners,
Ask others to play,
Greet others with a smile,
Be a good friend and
Treat others
As we want to be treated.

Day of 1000 Thanks

The Social Studies department at one school organized a "Day of 1000 Thanks" for their students to express a word of thanks to any school personnel that had shown kindness or helped them at school. One thousand cards were printed and each student was given 2 cards to thoughtfully fill out. These were written to the teachers, janitors, principals, secretaries, cooks, bus drivers, aides, volunteers and others who were selected. It took less than one 30 minute study-hall session to complete the activity and a couple of periods to sort and deliver the cards, but they created a wonderful sense of timely gratitude for all involved.

-Anonymous

A Little Difference can make a Big Difference

Many of us these days are too hurried in doing things for ourselves...everyday...day in, day out, people have spent time cramming their time doing things that they think make themselves happy. For, they believe that is what True (Real) Happiness is!!

Yet, how many of us... come to realize that True Happiness lies not in desiring ourselves to be happy first BUT rather in others to be Happy first!!

And, it is that Little Difference that makes a Big Difference in this world....

After all...isn't it true...as the saying goes... "It's always better Giving than Receiving!"

Sometimes, kindness or giving does not need to be in a form of monetary terms..... It can be just a simple smile, a gentle word or a helping hand... and that already can make a lot of difference in another person's life..... To some people.... this gentle nudge can put them back onto their feet...

Yet, I wonder how many of us can cultivate that thought?

Do YOU think this is possible?? Can we join hands to **make** it possible in this world, by beginning with you and me?

Source: www.randomacts.org

Kindness Calendar

"Random Acts of Kindness Week"

Feb. 9-15, 2009

"World Kindness Day"

Nov. 13, 2009

World Kindness Week

Nov. 9-15, 2009



"People should see kindness in your face, your eyes, in your smile." *Mother Teresa*

Suggested Reading List



Elementary

It Takes a Village by Jane Cowen Fletcher. New York: Scholastic, 1994.
Grades K-5. In an African village, many in the market place care for a lost child.

Louie by Ezra Jack Keats. New York: Macmillan.
Grades K-3. Louie is different from other children, but reaching out in kindness touches his heart.

The Quarreling Book by Charlotte Zolotow.
Grades K-5. Anger gets passed from one person to another until the dog reverses the trend and sets a chain of good will in motion.

Mirette On the High Wire by Emily Arnold McCully. New York: Putnam and Grosser, 1992.
Grades K-5. Mirette learns to walk on the tightrope and reaches out to restore her teacher's courage.

The Rag Coat by Lauren Mills. Boston: Little, Brown and Company, 1991.
Grades K-5. A miner's orphan wears a patchwork coat to school and is teased until she touches hearts by sharing the stories behind each patch.

The Balancing Girl by Berniece Rabe. New York: Trumpet, 1981.
Grades K-3. Tommy and Margaret, a child in a wheel chair, resolve their differences with mutual admiration.

The Drinking Gourd by F.N. Monjo. New York: Harper and Row, 1970.
Grades K-5. Tommy helps his father as a conductor on the Underground Railroad and learns about courage and compassion and what is right.

Secondary

Al Capone Does My Shirts by Gennifer Choldenko (2003)
A twelve-year-old boy named Moose moves to Alcatraz Island in 1935, when prison guards' families were housed there, and has to contend with his extraordinary new environment in addition to life with his autistic sister. (Newbery Honor - Historical Fiction)

Escaping the Giant Wave by Peg Kehret (2003)
An earthquake, followed by a tsunami, hits the Oregon coast where Kyle is vacationing with his family. His parents are out sailing for the day and Kyle is babysitting his eight-year old sister. The earthquake triggers a fire in the hotel and Kyle must escape with his sister and get as far away from the beach as possible. As they escape, he must decide if he should help another young boy, a bully who has tormented him for several years at school.

Slam, by Walter Dean Myers
Seventeen-year-old Greg "Slam" Harris can do it all on the basketball court. He's seen ballplayers come and go, and he knows he could be one of the lucky ones. Maybe he'll make it to the top, or maybe he'll stumble along the way. Slam's grades aren't that hot. When his troubles slam in his face, he blows up. Slam never doubted himself on the court until he found himself going one-on-one with his own future, and he didn't have the ball.

Art of Keeping Cool, by Lisle
In 1942 two boys exchanged acts of kindness with a German artist, who is accused of being a spy.

Crazy Lady, by Conly
Vernon becomes friends with Maxine and her special needs son Ronald, and finds ways to make their life manageable.

Randall's Wall, by Fenner
Jean breaks through Randall's walls and helps him overcome his difficult home life.

Stargirl, by Spinelli
Stargirl gives gifts and cards, attends funerals and surprises people.

Websites

International Education and Resource Network
<http://www.iearn.org/iearn/>

Global SchoolNet Foundation
<http://www.gsn.org/>

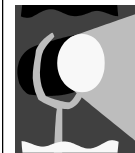
Electronic School House (ESH) on America Online

GrassRoots on Canada's SchoolNet
<http://www.schoolnet.ca/grassroots>

Classroom Connect
<http://www.classroom.net>

Coloring Sheets, Activity pages, Lessons plans, e-cards, etc.
http://www.crayola.com/calendar/detail.cfm?event_id=968year=2008

Free downloads: cards, certificates, stickers from laser labels, etc.
<http://www.actsofkindness.org>



Spotlight on Medulla Elementary

"Keep Polk County Beautiful"
recognized Medulla Elementary

for being kind to the environment and for collecting six tons of plastic last year.

Several hundred jackets made from recycled plastic have been distributed to the students at Medulla Elementary in appreciation for their work by "Keep Polk County Beautiful"; they are looking for financial help to buy a jacket for each student. The recycled clothing looks and feels like any other article of clothing. Since it takes 500 years for a plastic bottle to disintegrate, it is kind to the environment to recycle the plastic water and milk jugs that many people throw out with the garbage.

Medulla Elementary was recognized in the Ledger and on FOX 13 News. Kindness to the environment is also kind to the many generations that will live in our world in the future.

Congratulations Medulla Elementary!
Thank you for setting a wonderful example!

Subject Level Lesson Plans

Submitted by: Marcia Cousins, Ballard Elementary, Niles Community Schools, Niles MI

Subject(s): Language Arts, Social Studies, and Character Education

Intended Grade Level(s): K-12

Description: Students create an email chain around the world where they write about their acts of kindness.

Curriculum Benchmarks:

MI.ELA.2.EL.1 Write with developing fluency for multiple purposes to produce a variety of texts, such as stories, journals, learning logs, directions, and letters.

MI.ELA.1.EL.3 Employ multiple strategies to construct meaning, including word recognition skills, context clues, retelling, predicting, and generating questions.

MI.ELA.3.EL.8 Respond to the ideas or feelings generated by texts and listen to the response of others.

Materials/Hardware/Software:

One computer with email access

The book: Random Acts of Kindness by Conari Press (Editor), Dawna Markova, Daphne Rose Kingma (Authors) paperback, Jan 1993.

Pre Learning Activities:

Defining Random Acts of Kindness: The first step in teaching Random Acts of Kindness is defining the phrase. Most kids easily understand "act" and "kindness" but might be unfamiliar with "random". Helping them define and learn to use this word is crucial to understanding the phrase. Explaining Random Acts of Kindness: Reading or telling children Random Acts of Kindness stories is a very effective way to get them to fully understand the concept.

Post a Call for collaborators looking for participant classrooms around the world. (see Websites Section for some good sources).

Activities & Procedures

1. Decide what role you want your partners to play and for this project limit the number of participants to the bare essentials. Since you are doing web collaboration, you may find you only need a few classrooms to meet your needs.

To meet your goals your call for Collaborators should include:

~A brief description of your project

~Your project's timeline

~An outline of the educational objective of the project

~Details about whom you wish to partner

~Your project's registration form

~The project director's contact information

TIP: Post your call 4 weeks in advance of your project launch, including a timeline to help teacher's plan.

1. Begin by asking one student to write about a time when he or she did a good deed or was kind to someone. Create an order for each student in your classroom to respond (similar to a chain letter).

2. Have the next student in order respond to the first's essay with his or her own essay. They must begin their essay building on the previous person's essay (a single word, topic, theme, etc.). For example, they might begin with "I, too, helped a stranger..."

3. Email your class's essays to the list of participants with instructions on how to continue the chain to 10 or more classrooms (with a deadline). Keep your classroom's email address at the bottom of the list.

Assessment/Evaluation:

1. Pose a challenge: once a week, practice anonymous acts of kindness for someone who might not expect it.

2. Mark on a wall map where the essays come from.

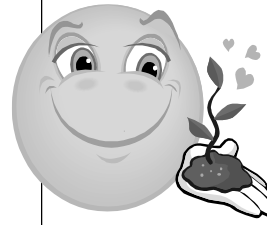
3. Create a scrapbook from the collection of essays and illustrate.

4. Have students read selected essays from the chain and discuss. How do these acts affect the world?

A Kind Idea

Take 7 walnuts and open them being careful not to chip or break them, then remove the meat. Write an inspirational note on seven small slips of paper and put inside the walnuts. Glue the walnuts back together making the glue invisible. Decorate a small brown bag saying "Go Nuts and Open One Walnut a Day" and put a name tag on it. Give it to a co-worker, a club member, or someone who is having a tough time—(Notes can say things like "Smile, You're Worth It" or "Your Smile Brightens My Day" or "Someone Thinks You're Wonderful", anything that makes a person feel special and good). Source: randomactsofkindness.org

Kind Hearts



Kind hearts are gardens,
Kind thoughts are the roots,
Kind words are the flowers,
Kind deeds are the fruits.

Take care of your garden
And keep out the weeds,
Fill it with sunshine
Kind words and kind deeds.

~Henry Wadsworth Longfellow



This Christmas Give the Gift of Kindness Through

The Gift of Listening...

But you must REALLY listen. No interrupting, no daydreaming, no planning your response, just listening.

The Gift of Affection...

Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.

The Gift of Laughter...

Clip cartoons. Share articles and funny stories. Your gift will say, "I love to laugh with you."

The Gifts of a Written Note...

It can be a simple "Thanks for the help" note or a full sonnet. A brief, hand-written note may be remembered for a lifetime, and may even change a life.

The Gift of a Compliment...

A simple and sincere, "You look great in red," "You did a super job" or "That was a wonderful meal" can make someone's day.

The Gift of a Favor...

Every day, go out of your way to do something kind.

The Gift of Solitude...

There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

The Gift of a Cheerful Disposition...

The easiest way to feel good is to extend a kind word to someone, really it's not that hard to say, "Hello" or "Thank you."

~ by Isaac Ng, Singapore

Kindness *by: Author Unknown, Source Unknown*

One day, a poor boy who was selling goods from door to door to pay his way through school, found he had only one thin dime left, and he was hungry. He decided he would ask for a meal at the next house; however, he lost his nerve when a lovely young woman opened the door.

Instead of a meal, he asked for a drink of water. She thought he looked hungry and so she brought him a large glass of milk. He drank it slowly, and then asked, "How much do I owe you?"

"You don't owe me anything," she replied. "Mother has taught us never to accept pay for a kindness." He said, "Then I thank you from my heart." As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strengthened also. He had been ready to give up and quit.

Years later, that young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease.

Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, he went down the hall of the hospital to her room. Dressed in his doctor's gown, he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day, he gave special attention to the case.

After a long struggle, the battle was won. Dr. Kelly requested from the business office to pass the final billing to him for approval. He looked at it, then wrote something on the edge, and the bill was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill. She read these words:

"PAID IN FULL WITH ONE GLASS OF MILK... (Signed) Dr. Howard Kelly."

Tears of joy flooded her eyes as her happy heart prayed: "Thank You, God, that Your love is shed abroad through human hearts and hands."

Parent Power

Kindness comes from within. It is a sign of love, respect and concern. Showing compassion and gentleness towards others help children form and maintain positive relationships and maintain friendships. In turn, children feel important, acknowledged, and become confident individuals. As parents, you can start by helping children care for themselves, for others, for a pet or a special thing.

Points to consider when encouraging kindness in young children:

1. Model behaviors that you wish your children to practice. Example - letting them know that you are there and that they are not alone, listen to them when they wish to talk, forgiving them if they hurt you without meaning to, doing what you can to help them when they have difficulties completing a task, etc.
2. Help children express their feelings. Guide them in using appropriate words and give them ample time to think about acceptable behaviors under different situations.
3. Build on-going nurturing relationships. This is far more important to emotional and intellectual development than academic drills and educational games.
4. Demonstrate non-aggressive and kind methods of communication with both children and adults.

Activities for Parents.

- Visit a park or shopping mall with the children to observe the type of kind deeds that others are doing to each other. Talk about how each action makes each person feel. Have the children express how they feel as they witness what happened.
- Show children some pictures related to greeting your neighbors and someone getting hurt; discuss how "greeting others politely" is a way of showing kindness; and what a person should do when someone is in pain.
- Encourage children to identify two ways that they can show kindness to the people they meet the next two weeks.
- Prepare a list of pictures with different behaviors whether good or bad and have children to identify the kind deeds that they should try to do.
- Identify members in the family and tell how each uses their hands to show kindness at home.
- Include ways that family members might help each other.
- Together with children, organize a plan to share responsibilities in household chores.
- Plan a visit to a child who is not feeling well or an elderly person in the neighborhood or someone in a nursing home. Have the children make a gift that would benefit or cheer up the person.

Kevin Goh. <http://eParenting-Tips.com>

FCAT Power Writing Prompts

- Thank someone in the community for doing something generous for you individually, your school or the community.
- What did Helen Webb mean when she said, "If you stop to be kind, you must swerve often from your path?"
- How could an extra measure of kindness and generosity make a new student feel like they belong?
- Why is it important that we are kind to our environment?
- Write a Random Acts of Kindness book; collect stories from friends and neighbors and illustrate them.
- Give each student an imaginary \$100 and ask the student to write a paragraph as to what they will do with the money.
- Write a letter to a sports player to request help with a favorite project that shows an extra measure of kindness.

Activities

Be Kind to Yourself:

- Go for a walk
- Buy a journal and start writing
- Attend a laughter workshop
- Read a book or magazine that appeals to you
- Create three positive affirmations and post them on your mirror
- Visit a friend you have not seen for a while

Be Kind to Others

- Praise the work or attitude of someone you work with
- Share a friendly smile to someone who is shy
- Commit to not supporting gossip
- Share in the unpleasant tasks
- Give a compliment
- Practice etiquette and good manners

Be Kind to the Community

- Learn to recycle
- Baby-sit for a friend or single Mom
- Donate your time at a local soup kitchen
- Pick up litter as you walk home
- Take a dog for a walk at the local animal shelter
- Plant a tree

Sunshine State Standards

PreK-2

- HE.A.1.1 - The student comprehends concepts related to health promotion.
- HE.B.1.1 - The students knows health-enhancing behaviors and how to reduce health risks.
- HE.B.3.1 - The student knows how to use effective interpersonal communication skills that enhance health

Grades 3-5

- HE.B.1.2 - The students knows health-enhancing behaviors
- HE.B.3.2 - The students analyzes the influence of culture, media, technology and other factors on health.

Grades 6-9

- HE.A.1.3 - The student comprehends concepts related to health promotion.
- HE.A.2.3 - The student knows how to access valid health information and health-promoting products and services.
- HE.B.3.3 - The student knows how to use effective interpersonal skills that enhance health.

Grades 9-12

- HE.B.1.4 - The student knows health enhancing behaviors and how to reduce health risks.
- HE.B.2.4 - The student analyzes the influence of culture, media technology, and other factors on health.
- HE.B.3.4 - The student knows how to use effective communication skills that enhance health.



Kindness Bulletin Board

As a school-wide project, place six hearts in each teacher's mailbox. If a teacher sees someone who is doing something kind they will write on two hearts, the kind act done to or for someone and the name of the person showing the kindness. One heart will go to the student to keep and one heart will be placed on a bulletin board (or wall of the school) titled "Caring Hearts Create Caring Communities." The goal will be to get as many kind acts as possible in one place to show that one act of kindness can make a difference and generate more acts of kindness.

The PRIDE Team could also participate as Kindness Detectives.

The Wind and the Sun

The Wind and the Sun were disputing which was the stronger. Suddenly they saw a traveler coming down the road, and the Sun said, "I see a way to decide our dispute. Whichever of us can cause that traveler to take off his cloak shall be regarded as the stronger; you begin." So the Sun retired behind a cloud, and the Wind began to blow as hard as it could upon the traveler. But the harder he blew the more closely did the traveler wrap his cloak round him, till at last the Wind had to give up in despair. Then the Sun came out and shone in all his glory upon the traveler, who soon found it too hot to walk with his cloak on.

Questions:

How did the Sun and the Wind want to find out which was the stronger?

- A. They wanted to ask the traveler to take off his cloak.
- B. They wanted to try their powers on the traveler

How did the Wind try to achieve his aim?

- A. in a friendly way
- B. in an unfriendly way

How did the Sun try to achieve his aim?

- A. in a friendly way
- B. in an unfriendly way

What's the moral of the fable?

- A. Union gives strength.
- B. Kindness is more effective than severity.
- C. It is best to prepare for the days of necessity.

Source: <http://www.ego4u.de/de/read-on/literature/aesopfables?02>



Recipe for Kindness

Fold two hands together,
And express a dash of sorrow,
Marinate it overnight,
And work on it tomorrow.

Chop one grudge in tiny pieces,
Add several cups of love,
Dredge with a large size smile,
Mix with the ingredients above.

Dissolve the hate within you,
By doing a good deed,
Cut in and help your friend,
If he should be in need.

Stir in laughter, love, and kindness,
From the heart it has to come,
Toss with genuine forgiveness,
And give your neighbor some.

The amount of people served,
Will depend on you,
It can serve the whole wide world,
If you really want it to.

-Author Unknown

Spread some Kindness Cheer this Season

Following is a list of ways you might either show appreciation to others or spread some cheer to people you meet during the day.

- Attach cards to inexpensive key chains that say "Thanks for your Random Act of Kindness. You are the key to a kinder world."
- A thank-you note that is both personal and specific.
- An inexpensive memento, sold in bulk at party supply stores, such as the Oriental Trading Company, or other sources known to teachers. A memento might be a pencil, pen, key chain, squeeze ball, button, or other appropriate item. Some examples: a vinyl frog: "When I think of kindness, you leap to mind." A small ruler or tape measure: "Kindness rules!" A musical note-shaped notepad: "Kindness puts the music in our lives." A key chain with a tiny globe: "Kindness connects the world." A flower: "Kindness helps us bloom!"
- Treats (for people you know), which might include candy, cupcakes, fruit, cookies, drinks, granola bars, etc. A neighboring teen attending college, or a parent returning to college, might appreciate a box of various munchies.
- Candy bars with notes attached for people you know. For instance, Power Bars ("You understand the power of kindness... thank you!"), Symphony Bars ("Your kindness is music to the soul!"), Kudos ("Kudos to you for the kindness"), 100 Grand Bars ("Your kindness was worth so much to me!"), Lifesavers ("You saved the day with your kindness!"), etc.
- Notice or article in the school paper, or an announcement in the school bulletin or over the P.A. system.
- A helium balloon, a card, and a bag of treats to students on their birthday or half-birthday (for those with summer birthdays).
- Names displayed on a bulletin board or on a wall in a creative design (rainbow, cut-out bricks, people, hearts, stars, feathers, leaves, etc.).
- A thank-you notice in the local community newspaper.
- Positive comments could be printed on different colored paper, cut out, and a collage made for each student with a photo in the middle. Hang them in the hall for parents' night!
- A memento or treat with a note commending students who have done a kindness that would normally go unrecognized.
- Buttons with a kindness slogan on them. (Del Oro High School uses Badge-a-Minit supplies to make buttons, and students put the various recognition buttons on their backpacks.)
- Attractive cards that have kindness quotes on them.
- Stickers: address labels on which compliments or a thank-you is written.

Our thanks to both Ron Jones, and *Learning Magazine* for allowing us to use the ideas in the article "Recognition Makes a Difference," by Ron Jones, *Learning Magazine*, March 2003 (Vol. 31, No. 7), p.16-19.





Kindness Quotes

Week 1

"A kind and compassionate act is often its own reward."

William John Bennett

"It's not how much we give but how much love we put into giving."

Mother Teresa

"One kind word can warm three winter months."

Japanese Proverb

"For attractive lips, speak words of kindness."

Audrey Hepburn

"I expect to pass through this world but once; any good thing therefore that I can do, or any kindness that I can show to any fellow creature, let me do it now; let me not defer or neglect it, for I shall not pass this way again."

Ettiene De Grellet

Week 2

"We make a living by what we get, but we make a life by what we give."

Winston Churchill.

"No act of kindness, no matter how small, is ever wasted."

Aesop

"The greatest pleasure I know is to do a good action by stealth, and to have it found out by accident."

Charles Lamb

"Do good and care not to whom."

Italian Proverb

"Real joy comes not from ease or riches or from the praise of men, but from doing something worthwhile."

Pierre Coneille

Week 3

"Don't wait for people to be kind, show them how."

Author unknown

"There is no duty more obligatory than the repayment of kindness."

Cicero

"Forget injuries, never forget kindnesses."

Confucius

"How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong; because someday in your life you will have been all of these."

George Washington Carver

"Give the world the best that you have, and the best will come back to you."

Madeline Bridges

Week 4

"Treat everyone with politeness, even those who are rude to you, not because they are kind, but because you are."

Author: Unknown

"The fragrance always stays in the hand that gives the rose."

Hadia Bejar

"Kindness is for all times in all situations -- not just when it suits you."

Audrey Landrum

"Love all. Serve all. Help ever. Hurt never."

Saathya Sai Baba

"You give but little when you give of your possessions. It is when you give of yourself that you truly give."

Kahlil Gibran

Teacher's Corner

A little kindness certainly changes the dynamics of our classroom and school and makes everyone's day happier. Three strategies to help the whole school bring that about are:

- Caring beyond the classroom: Using role models to inspire altruistic behavior and providing opportunities for school and community service
- Creating a positive moral culture in the school: Developing a caring school community that promotes core virtues.
- Parents and Community as partners: Helping parents and the whole community join the schools in a cooperative effort to build good character.

These projects will also be helpful:

1. Create kindness badges or tokens as a class project. Use these tokens to reward kind activities in the classroom. At the end of the week recognize the "Kind Student of the Week" (laser stickers from the RAK website could be used).
2. Pick a service project as a class or start a school effort to help solve a problem in the community.
3. Body Language Lesson—Organize students into small groups to pantomime scenarios and then discuss the body language used to act out each scene. Follow up with discussion about body language and communication.
4. Use posters and flyers. Janice Margot, a teacher at Thurgood Marshall Elementary School in New Jersey, takes a photo of students who have been observed doing a kind act. The photo is glued to a page that says:

"WANTED... Caught Being Kind!" These notices, with the students' photos, are posted in the main office windows and around the school.