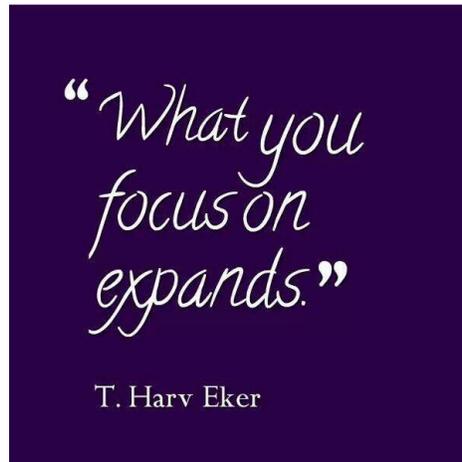


KELSET Kindness Day

February 25th

Rationale:



“Many traditional anti-bullying programs focus on the negative actions that cause anxiety in children. When kindness and compassion are taught instead, it fosters the positive behavior that's expected. Promoting its psychological opposite is key in reducing bullying to create warm and inclusive school environments.”

(From the article http://www.edutopia.org/blog/teaching-kindness-essential-reduce-bullying-lisa-currie?utm_source=twitter&utm_medium=post&utm_campaign=blog-teaching-kindness-essential-reduct-bullying-custom-title-image-repost)

What We Wear

KELSET students and staff are asked to wear KELSET colours of **blue** and **green** or KELSET clothing to show KELSET pride and support our beliefs which promote kindness. We wear ribbons of **blue**, **green** and **pink**. The touch of **pink** is to celebrate the power of the bystander. Two boys in Nova Scotia stepped in, bought and distributed **pink** shirts, and created awareness of the importance of bystanders at school.

What to do . . .

A selection of books will be on display in the library to read to your students. Students will be encouraged to put a sticker on books that demonstrate kindness to add to our collection.

1. **Leave compliments** – students may write compliments on sticky notes and put it on other students desks, staff doors, or hand them out (to those staff without desks). *encourage those receiving compliments to say thank you!
2. **Watch 20 Things We Should Say More Often** by Kid President:
<http://safeshare.tv/w/dsTFTkTjEw>
Students could discuss which points they agree and disagree with, then write a journal entry about it. Students might also create a class book and illustrate their ideas.
3. **Mail Letters to others** – mailing cards brings joy to the recipient. Have students write and mail letters – perhaps a class letter to a specific person or organization.
4. **Choose Someone Awesome** – pick a person who inspires them and write a journal entry. Watch <http://safeshare.tv/w/ctARqbjbWb> This could be a famous person, sports personality, someone local, or someone in the school, or someone no longer with us. To extend this for those students wanting a challenge:
 - a. have students interview someone who inspires them – create a little movie, poster, iPad trading card, or Impress presentation;
 - b. research an inspiring person using books and internet resources; or
 - c. invite an inspiring person to the class to share their passion with the class
5. **Kindness is contagious. Encourage students to:**
 - a. Say “Good Morning to others as you enter in the morning”;
 - b. Smile!;
 - c. Acknowledge adults in the building when walking down the hall;
 - d. Hold the door for others; and
 - e. At the end of the day, walk down the halls making sure you give way to adults and preschoolers who have come to pick up students
6. **Think it – don’t say it!** Encourage students to decide if what they are going to say will help or hurt before blurting it out. Ask these three questions before saying it out loud:
 - a. Is it kind?
 - b. Is it true?
 - c. Is it necessary?

Other resources can be found on the **TEACHER** section of the Library Commons page.