

Kindness is Contagious

AMANDA MCANDREW
MAYFAIR HIGH SCHOOL, LAKEWOOD, CA
amcandrew@busd.k12.ca.us



Change your campus and the students lives forever! "Kindness Week" brought the students on our campus together and gave the students an opportunity to connect in a way that they never had before. Through a variety of activities that were student centered, such as passing out positive notes, high-five Friday, welcome tunnels and music during passing period. Posters made with hundreds of post-it notes with positive comments written by students were hung on our campus, students then had the opportunity to add to and take away messages that they needed to hear. Teachers were able to recognize students that they felt exemplified kindness using balloons and were also able to get involved in the week. Kindness week brought awareness to our student body and created a lasting bond.

Activities

Prior to Event

- Tye-Dye shirts
- Post-It's for posters
- Print "I am loved" labels
- Make "Thank You cards" for teachers
- Make "Take What You Need" posters
- Create #MHSKindnessWeek
- Make "Kindness Grams"
- Make "You are talented" stars
- Make paper flowers with kind words on petals
- Make "If you really knew me notes"
- ASB Chalk campus with "kindness quotes"
- POSTERS!!!!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Welcome!</p> <p>(ASB students and Link Crew stood at all gates and greeted students upon their arrival)</p> <p>"If you really knew me" notes</p>	<p>Clubs Day</p> <p>(All clubs on campus sold food and items)</p>	<p>"I am loved" label day</p> <p>(Pass out labels on campus- give out thank you cards to teachers)</p> <p>MOVIE NITE</p> <p>"Pay it Forward"</p>	<p>Recognize a student day!</p> <p>(We gave each teacher a balloon that they gave to a student who they "showed kindness")</p> <p>Challenge Day</p> <p>(Pay someone a compliment"</p>	<p>Music Madness</p> <p>(Before school, passing periods, snack and lunch- "Friendship music was played over the intercom)</p> <p>Game Day</p> <p>(Have games going on at lunch)</p>
<p>ASB students wear polos</p>	<p>Tye-Dye Tuesday</p> <p>(Wear your Tye Dye Shirt)</p>	<p>Twin day/ Group day</p> <p>(Dress up the same- get as many people involved as you can)</p>	<p>"Smile It's Contagious"</p> <p>Shirt day</p>	<p>Mayfair Spirit Day</p>

Posters (Ideas)

- Kind action posters (students sign poster if they agree)
- Bubble letters - fill in with post-it notes
- Be-you-tiful
- You're the bees neez
- #MHS Kindness Week
- Love Life
- You're Purrfect
- You're a cool cat
- Smile- it will be worth your while
- I think you look great today

Kindness Week Slogans

- * Kindness can change the world
- * Kindness begins like a ripple of water
- * Kindness makes your heart glow!
- * The kindness in people is reflected back to them
- * I believe in the magic of kindness
- * Practice random kindness
- * Be kinder than necessary
- * No act of kindness is ever wasted
- * This is your reminder to be kinder
- * Be Cool - Be Kind
- * Kindness is Contagious so spread it!
- * Brighten your day- be kind to a stranger
- * Be an angel. Practice random acts of kindness
- * How beautiful the day when kindness touches it
- * Write injuries in sand, kindnesses in marble
- * Kindness -your investment in a better world
- * Be an angel. Practice random acts of kindness
- * Take time to be kind - angels never hurry
- * You can never speak a kind word too soon
- * Life is as rich as you are kind
- * The echoes of kind words are forever
- * Kind heart, you've got it - please use it

Kindness Quotes

- "Kindness is a language which the deaf can hear and the blind can see"
- Mark Twain
- "Be kind to unkind people - they need it the most" - Ashliiegh Brilliant
- "To laugh often and much; to win the respect of intelligent people and the affection of children...to leave the world a better place...to know even one life has breathed easier because you have lived." - Ralph Waldo Emerson
- "Forget injuries, never forget kindness" - Confucious
- "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." - Leo F. Buscaglia

•"Kindness is never wasted. If it has no effect on the recipient, at least it benefits the bestower." - S. H. Simmons

"Wherever there is a human being there is an opportunity for kindness." - Seneca "Those who bring sunshine into the lives of others, cannot keep it from themselves." - James M. Barrie

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

"Kind words can be short and easy to speak but their echoes are truly endless." - Mother Teresa

"Be the change you want to see in the world." - Gandhi

Ideas

At the beginning of the school year introduce rules. For the first rule have... 'Enter the room with a smile!'

Discuss how important it is to spread joy and it starts with them. Take pictures of students smiling. Select different students weekly that are smiling and display them in an area of the hall. Do not tell them who will be selected as "Students of Joy!" for the week. You may also have other students take pictures if you have a digital camera."

Prominently post this Poem...

SMILING

Smiling is infectious; you catch it like the flu. When someone smiled at me today, I started smiling too. I passed around a corner and someone saw my grin. When he smiled, I realized I had passed it on to him. I thought about that smile and then I realized its worth. A single smile, just like mine, could travel around the earth. So if you feel a smile begin, don't leave it undetected. Let's start an epidemic quick and get the world infected. *Author Unknown*

Words Have Power

They motivate...inspire...express emotions...give confidence and bring joy.

•Write notes of appreciation to the cafeteria workers, janitors, or other staff members who don't normally receive recognition.

- Ask your principal if each student from your class/program can read a quote or story about kindness each morning over the intercom for as many days as there are students in your class/program.

- Tell someone that they are special.

- Write a letter, or for younger kids -- help them write a letter to someone, telling them how much you appreciate them. •Write a letter to a friend, classmate or co-worker, highlighting their strengths.

- Play "10 Good Things." Say ten good things about someone. •Remember that words are powerful. Say something to someone that you know they want to hear -- or need to hear.

- Have a 'Say Something Nice Day'

Games

THE COMPLIMENT GAME This game is good to play when you have a group of children, especially if they tend to have a lot of personality conflicts.

Break children into groups; give each child a piece of paper. Ask them to tear it into pieces--one for each child in the group. On each piece of paper they should write the child's name, and then list all of the positive characteristics they can think of about that child. Try to have them focus on personality traits and behaviors, not physical attributes. When each child has completed their lists, they should put all of them into a box. An adult in the group can read aloud all of the positive comments about each child. The children are usually very surprised at how many great things are said about them. If they would like, the children can keep their lists in a folder or notebook. Then, when they're feeling a little down about themselves, they can read about how wonderful other people think they are.

THANKS FOR THE COMPLIMENT! Need: Paper, markers, tape Everyone gets a piece of paper taped to their back. (Make sure their name is at the top of the paper.) Each person is given a marker. Each person in the group must walk around the room and write a compliment or positive remark about that person on their back..... NO PEEKING!

When everyone has written something positive on each others back, everyone returns to their seat. With a smaller group, everyone exchanges papers without looking at their own. Each participant can take a turn at

reading off the person's list to that person aloud. (Adjust for a larger group)

What a great self-esteem booster. It doesn't matter if the group knows each other well--- because you can say things like..."He seems friendly" etc. But this is a great activity to do with kids who have been in a group for a while.





Remember we all make a difference!!!!

Name _____

Kindness

What is kindness? Give an example...

Have you ever been bullied? When? Why?

What strategy(ies) can you use to stop bullying?

If I had one minute I would...

What are you going to do to make a difference?

Ideas for Kindness Week?

If you really knew me...

If you really knew me...



Take What You Need!



Smile

Love

Hope

Courage

Happiness

Peace

Strength

Comfort

Take What You Need!



Hope

Courage

Smile

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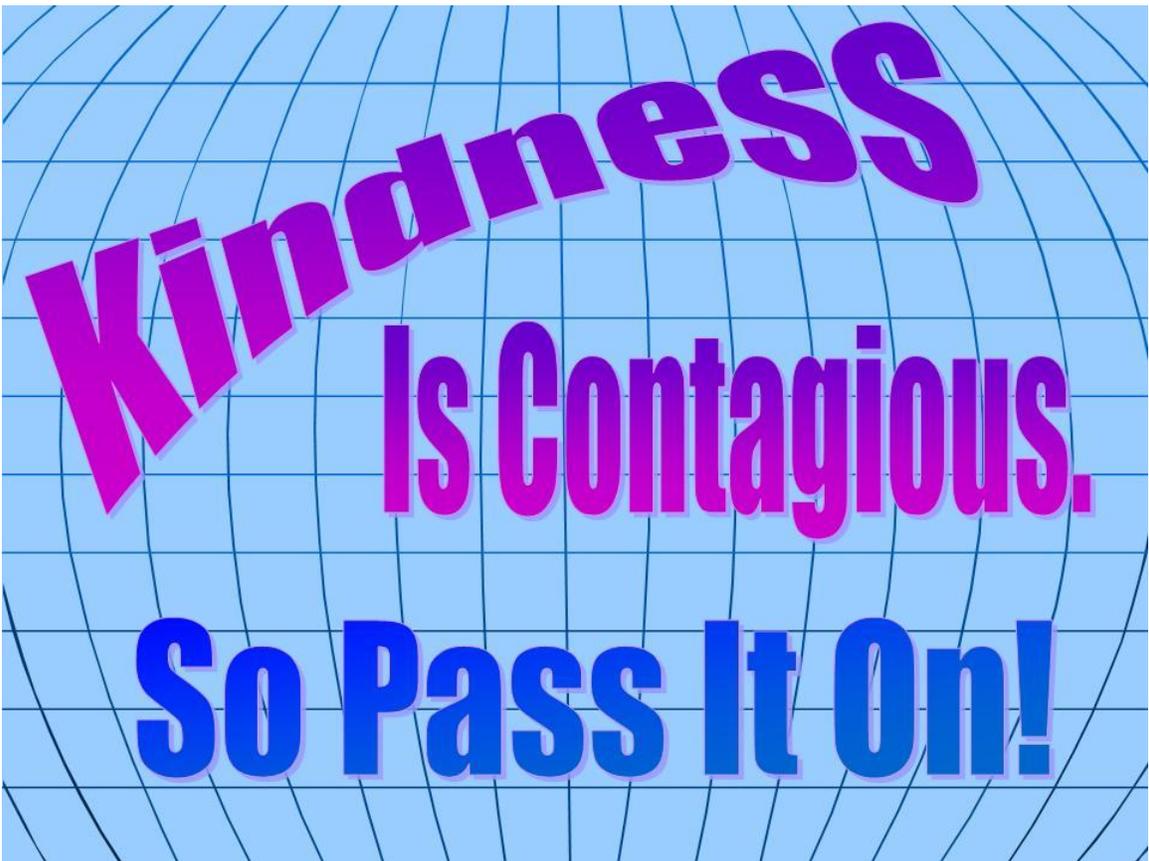
Happiness

Peace

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Take What You Need!



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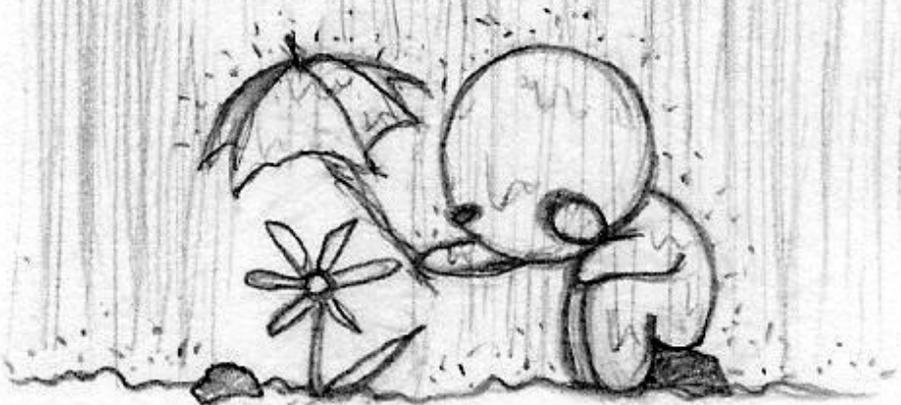
Strength

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Take What You Need!

RANDOM ACTS OF
KINDNESS.



Smile

Love

Courage

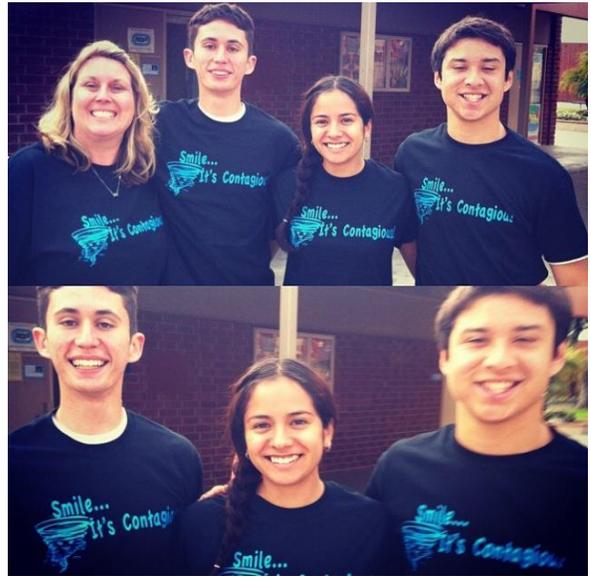
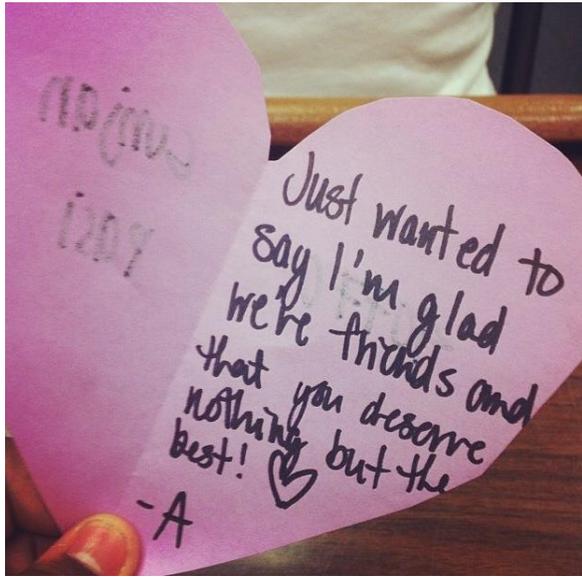
Hope

Happiness

Peace

Strength

Comfort



"To the world you
may be just one
person...
but to one person you
might just be
the **WORLD!**"
-MARK TWAIN

#MHSKindnessWeek
Post Your Pics To Instagram!



"WE MAKE A
LIVING BY WHAT
WE GET.
WE MAKE A
LIFE BY WHAT
WE GIVE."
-WINSTON CHURCHILL

Unauthorized electronic devices MAY NOT be used at any time during the testing session.



"THOSE WHO BRING
SUNSHINE INTO THE
LIVES OF OTHERS
CANNOT KEEP
IT FROM THEMSELVES"
-James Barrie

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"TOO OFTEN WE
UNDERESTIMATE THE
POWER OF A TOUCH,
A SMILE, A KIND WORD,
A LISTENING EAR,
AN HONEST COMPLIMENT,
OR THE SMALLEST
ACT OF CARING, ALL OF
WHICH HAVE THE POTENTIAL
TO TURN A LIFE AROUND."