

DEVELOPING A CALENDAR OF KINDNESS FOR LEADERS

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1. Calendar of Kindness for School – one activity per month

At our leadership retreat, we discuss the importance of showing kindness on campus, teaching others how to be kind, and the type of activities that we could do to help develop positive school culture. This does not take the place of secret pals to staff, staff appreciation or student appreciation. This is in addition to all those things.

We have Commissioners called Special Events that coordinate the monthly activities.

Sample: August – welcome staff to or back to school with a personal note

September – Go to Special Ed classes and do some activity with them – we make them rally/homecoming shirts

October – 1st scrapbook pages are due. Students are to have met two new people and take a picture with them, interview them, and write it up to share in class and put it in their scrapbook.

November – Custodian Appreciation. Recognize the custodians on campus and treat them to _____? Use your imagination.

December – Can food drive, candy canes for everyone in school with a note attached, adopt a preschool that has low income families that might need secret Santa gifts, donate the can/food items to families in need or to churches. 2nd set of two new friends due for scrapbook.

January – Clerical, security, classroom aides, food service workers, everyone that is not a teacher/administrator on campus recognition. Thank you notes with a treat for each.

February – RAK day and week. Kindness Activity Wall – a note to each student in school for them to come and take off the wall. Be prepared to deliver them to teachers rooms if not picked up. Kindness jar for teachers with sticky notes attached so students can write notes and put them in the jar, positive sticky notes on Administrators doors, caught being kind posters on all teachers doors, ask Administrator if you can start a faculty meeting with a motivational video and a thank you to teachers, establish a thank you box or compliments box and then deliver them to students and staff, hand out treats with notes at lunch, do a rally to honor staff/students that go above and beyond to be kind. Pinterest is a good source.

March – Make the blessing bags and give 5 each to counselors/administrators that meet with students so they can give them away if someone needs one. Put nutrition bars, socks, gloves, money, - whatever you want to come up with. 3rd set of two new friends due for scrapbook.

April – Attend club meetings and ask them if leadership is meeting the needs

of the campus and how leadership could play a role in a future event or provide resources.

May – Look around your campus – what needs to be done? We usually go help at a track meet as they never have enough help. We help in the library to check in things and put things away as the end of the year is so busy. The scrapbook is due and will have the 2 final new friends so there is a total of 8. Hopefully, they have gotten those 8 new people involved in something at school.

STUDENT MONTH OF KINDNESS CALENDAR

Talk to your students about kindness and the need for kindness in the world, community, campus, and home. Use books to help with discussions. There are so many books available but my two favorite books are: “The Butterfly Effect, Everything you do Matters” by Andy Andrews, and “Wonder” by R.J. Palacio. You can have amazing discussions by reading passages from these books.

Then – have your students think about the kind things they could do that would not cost them money. Give them each a calendar and have them fill in the blanks. Check them to be sure they have reasonable things written down. Make copies of each calendar. During the last five minutes of each class period each day, ask two people to share. Ask them these questions:

How did my kindness affect the other person?

How did my kindness to another person affect me?

How can it affect the school? Home? Community? - depends on their kindness act which you ask.

The final kindness on everyone’s calendar is writing a letter to a serviceman through Operation Gratitude. You can go on line to www.OperationGratitude.com for information. Each student must write a letter thanking a serviceman or women for their selfless service, share information about themselves and interests, and then I ask them to pick out the best kindness act that they did and explain that to a serviceman or woman, and to tell them how it affected them and the person they were kind to. I have a few read their letters before I put them all in an envelope and mail them. We have also sent care packages, cards, pictures, and art work. The letters are mailed to Operation Gratitude who sends them on – no individual envelopes. Students only put their first name on the letter, no personal information. I have received letters back which I pass on to the student. It is up to them and their parents whether they continue corresponding.

These lessons make amazing exit strategies, discussions, projects, and teach kids about kindness. I give points for the calendar and the number of things the students were able to accomplish, the letters, and any of the projects that they work on in committees. These can be applied throughout the year and worked in when you have time.