Kindness, Love, & Positivity
By: Ruth Simonds
KINDNESS

/ˈkaɪnd(ə)ns/ noun

1. Loaning someone your strength instead of reminding them of their weakness.

BUZZWORD
STARTS WITH US
TEACHING
FACULTY & STAFF
Kindness has become a Buzzword. People want to show kindness, but many don't know how. Administrators say they have a kind school, but what does that mean? How do we show and teach kindness? Showing kindness and teaching kindness starts with us. We need to practice kindness so we can teach kindness.

Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.

~Plato
“Nice is EASY, KindNESS is HARD”
-Houston Kraft
Starting With Us

Kindness, Love, + Positivity starts with us. We have to practice what we preach in order to teach what it means to be a kind, loving, and Positive person. We need to model these behaviors so they are not just cliches and buzzwords. So how do we do that?
• Social Media Posts
• Sharing Positive Stories
• Making a Commitment
to be a positive person
• Random Acts of Kindness
• Following Inspirational People
• Practicing Kindness,
  Love, & Positivity
If we all do one random act of kindness daily. We just might set the world in the right direction.

WE ARE STRONGER TOGETHER

Love yourself first, because that’s who you’ll be spending the rest of your life with.

The world is changed by your example not by your opinion.

TODAY I WILL NOT STRESS OVER THINGS I CAN’T CONTROL.
Positive Social Media

@simondskindness -- On Instagram I try and post daily kind messages or positive things about QHHS

icanhelp.net - #ICANHELP educates and empowers students to create positive online communities and become inspirational digital citizens.

Houstonkraft.com - Houston Kraft is a kindness advocate who speaks at schools, conferences, and events internationally. He is the co-founder of CharacterStrong - trainings and curriculums that create more compassionate cultures in schools and communities.
Teaching Kindness, Love, & Positivity

Kids, and Adults for that matter, think they know what it means to be kind. Holding the door open for someone is nice, it’s common courtesy, but is it really an act of kindness? Doing Acts of Kindness, Showing Love, and Truly being a Positive Person takes work, and we need to teach this to our students. We need to challenge them to come out of their comfort zones to do these things. We need to give them the opportunity to practice these things as well.
## What KLP looks like in Ms. Simonds Class

- Kindness Lessons
- Kindness Challenges
- Positive Social Media Posts
- Positive Text Messages, emails, etc.
- Random Acts of Kindness
- Acts of Love
- Showing KLP
- *Sticky Notes*
- *Bathroom Messages*
- *Window Messages*
Positivity

The practice of being or tendency to be positive or optimistic in attitude.

How do you practice Positivity?

- Focus on the Good things
- Practice Gratitude
- Spend time with Positive people
- Practice Positive Speak and Positive Social Media habits

Think Positive, Be Positive
Be Positive, Become Positive
Positivity Begets Positivity
Surround yourself with positive people and positivity will course through your veins.
Kindness
- Something Positive for your Personality Envelope
- Kindness Sticky Notes
- On a Date
- Give to Someone
- Put in Bathroom
- Small Cards
- 2 per person
- Give Out to People
- KLP on Social Media

30: Day 1
10 MINUTES:
WRITE OUT ONE THING YOU LOVE ABOUT YOUR PAST SELF, ONE THING YOU LOVE ABOUT YOUR PRESENT SELF, & ONE THING YOU LOVE ABOUT YOUR FUTURE SELF.
PUT IT SOMEWHERE YOU WILL SEE DAILY.

@ICANHELPofficial

DECEMBER KINDNESS:
This is the Season of Giving. But Giving doesn’t always have to be material items. This December we are going to continue our Kindness and try to do for others. These are just suggestions or challenges for some of you. Try and do something Kind each day.
Happy Holidays! Love, Ms. Simonds
We are now practicing Kindness, Love, & Positivity. Our Students are now doing things around campus to show actual acts of Kindness, Love, & positivity. Next are the adults—trying to teach those old dogs some new tricks. How do we get them to not only support this movement, but maybe even teach and practice Kindness themselves?
Getting Your Staff Onboard

- Kindness Quotes/Messages
- Positivity Gifts
- Break Room Treats
- Staff Kindness Club
- Chaperone Snacks
- Sharing Your Knowledge
Staff Kindness to start the year:
Key Chains: You Hold the Key to your Students’ future
Jolly Ranchers: You are “Berry” Special
Take What You Need Wall
Kindness Treats throughout the year:
Holidays and Random Days
Fun to Surprise staff with “Kindness”
Deliveries to teachers and staff that have a hard time making it to the Teacher’s Room
Funded through the KLP Staff Club
Videos

Houston Kraft
https://youtu.be/LSywOITPWRw

#ICANHELP

https://youtu.be/06gfEDB4FQ4

Ticket Without A Seat
https://youtu.be/L-LK_MyvnLA
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