

KINDNESS, LOVE, + POSITIVITY

BY: RUTH SIMONDS

KINDNESS

/ˈkɪn(d)nəs/ **noun**

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



BUZZWORD



STARTS WITH US



TEACHING



FACULTY +

STAFF

Buzzword

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

~Plato

QUOTEDIARY.ME


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.



**"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.



QUOTLING.COM

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.

-PAUL COELHO



TODAY
I WILL NOT STRESS
OVER THINGS
I CAN'T CONTROL.

Chad Hyman
CHADHYMAS.COM



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.

Think Positive, Be Positive

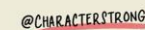
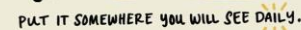
Be Positive, Become Positive

Positivity Begets Positivity

Surround yourself with positive people and positivity will course through your veins.

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



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

Faculty & Staff

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

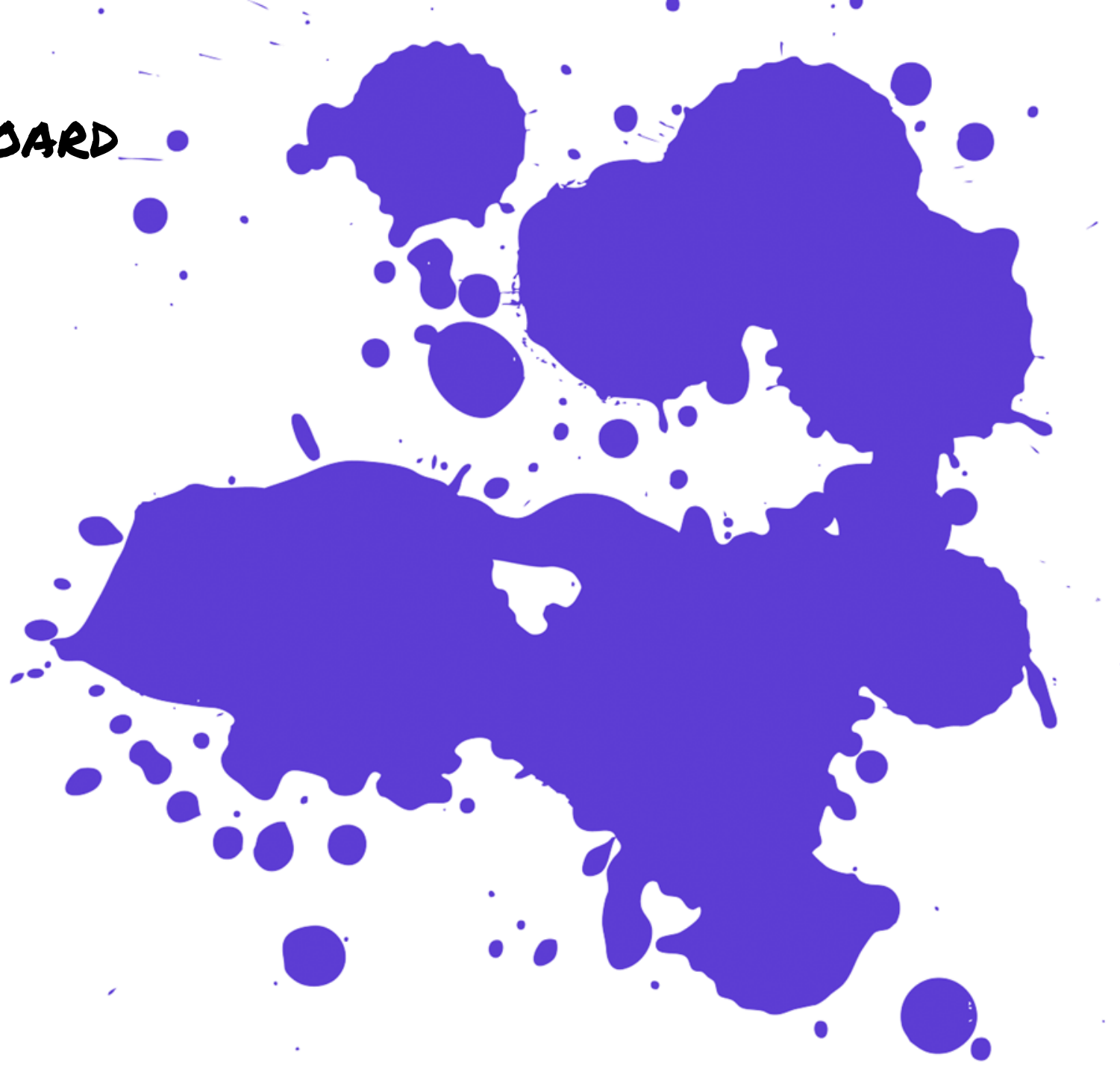
NEW TRICKS. HOW DO WE GET THEM TO NOT ONLY SUPPORT THIS

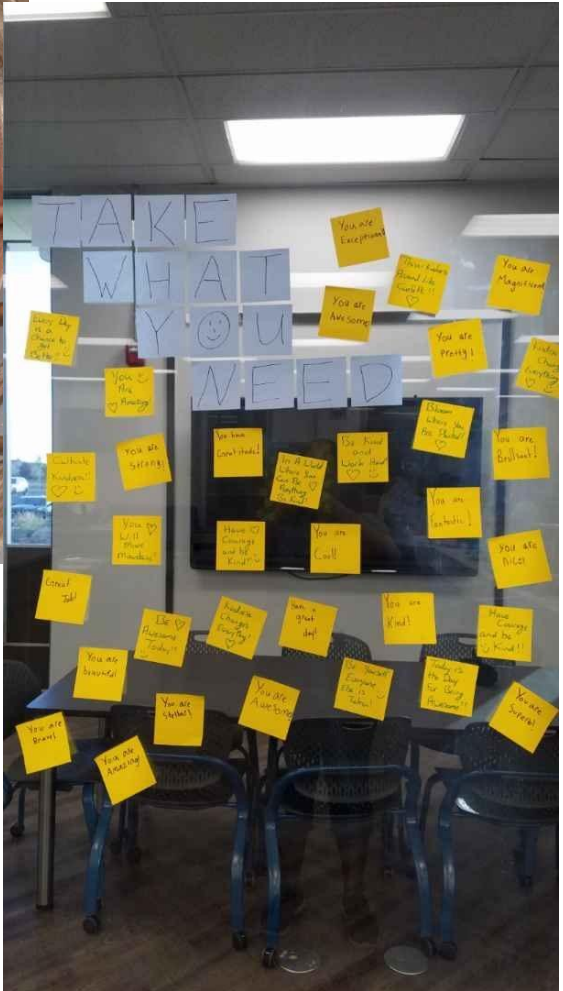
MOVEMENT, BUT MAYBE EVEN TEACH AND PRACTICE KINDNESS

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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