

TeachKindness

www.WeTeachKindness.org

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A 4-WEEK CHALLENGE TO STRENGTHEN SCHOOL COMMUNITIES

What is Teach Kindness?

Teach Kindness is an **easy and no cost** way to **foster kindness** and **improve school climate** in grades K-8. Teach Kindness offers **best-in-class resources**, free of charge, to teach and foster kindness over a four-week period of the school's choosing. Teachers and other participating school staff will receive ongoing access to outstanding kindness-building lesson plans following the successful completion of Teach Kindness. By teaching kids how to practice kindness, be more empathetic, and manage their emotions and actions, they become better equipped to navigate our complex world.

Offered through an easy-to-use online platform, Teach Kindness can be successfully completed by any school in three steps:

-  Sign up for Teach Kindness on our website, then recruit at least 25% of your colleagues to participate.
-  Participating teachers have 4 weeks to teach at least 4 activities of their choosing, all provided by leading social-emotional learning experts.
-  Create a "Kindness Ritual" to make kindness an ongoing aspect of your school culture.

The Benefits

Schools where teachers and school staff **intentionally** teach **social-emotional skills** are **more effective** at helping students succeed, both in school and in life. Teach Kindness offers a fun, **easily doable** opportunity for schools to access best-in-class resources to:



**Improve
School Climate**



**Reduce
Suspensions**



**Foster Social
& Emotional
Development**



**Greg
Dohmann**

Principal, D.C.
Public Schools

"The Kindness Challenge allowed our students — and staff! — to reflect on how their smallest actions can have a positive impact on the world around them. It strengthened our collective sense of empathy and made us a closer, more supportive school community."



**Sharon
Contreras**

Superintendent of
Schools, Guilford
County, NC

"This year, most schools in my district participated in the Kindness Challenge (now known as Teach Kindness). We are seeing improvements in school climate and the feedback from my schools has been incredibly positive. Guilford County Schools' educators share that the lessons and activities are engaging, and the interactive technology is user-friendly. Parents have also been very pleased with the Kindness Challenge and we have received uplifting media coverage. Given the challenges facing our schools and the fact that the Kindness Challenge is high quality and free of charge, I recommend taking advantage of this excellent resource."

Kindness Pathways

We have curated a wide range of activities from leading content providers for teachers to choose from and teach. They cover grades K-8 and fall into four categories:

➔ Developing Positive Mindsets

This pathway focuses on self-management and self-care strategies that equip students with ways to monitor their own feelings, setting them up to be kind to others. Activities include practicing gratitude, goal setting, and positive framing of situations.

➔ Strengthening Peer Relationships

This pathway focuses on building constructive interactions among students for a positive classroom and school culture. It includes activities that help students develop empathy for their classmates, listen actively, and resolve conflicts with each other.

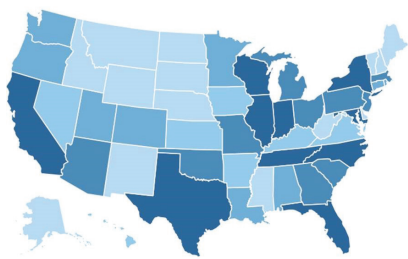
➔ Fostering Empathy

This pathway goes beyond individual student relationships to tackle larger issues and trends such as stereotypes and bullying based on identity. It includes activities such as shared identity and fostering civic discourse.

➔ Promoting Cyber-Kindness

This pathway includes activities for students to develop a more positive social media presence and the habits of heart and mind to be kind online. Students will learn practical skills to help them engage with social media and online applications, including video games, responsibly.

National Momentum for Kindness: Progress Since Fall 2017



SCHOOLS HAVE COMPLETED THE CHALLENGE **OVER 650 TIMES**.

POWERFUL CLASSROOM ACTIVITIES TAUGHT OVER **35,000 TIMES**.

OVER **5,800 TEACHERS** HAVE COMPLETED TEACH KINDNESS.

FEATURING PRACTICAL CLASSROOM LESSONS FROM LEADING SOCIAL-EMOTIONAL LEARNING EXPERTS



SUPPORTED AND INFORMED BY EDUCATORS AND EDUCATION PROFESSIONALS AT ALL LEVELS



The next cycle begins January 2nd and runs through June 30th!

To learn more about Teach Kindness and to register today, visit

www.WeTeachKindness.org