

# TeachKindness

www.WeTeachKindness.org | support@WeTeachKindness.org | @WeTeachKindness






## FREE AND FLEXIBLE CLASSROOM LESSONS FOR GRADES K-8

### 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 exceptional lessons from leading national providers, with no requirements, including lessons that respond directly to challenges faced by students and educators through the difficult 2020-21 school year.

All Teach Kindness lessons are easily delivered through an online platform, which you can access by following three simple steps:

-  1. Sign up for Teach Kindness on our [website](#).
-  2. Select the lessons that best suit your unique needs and schedule. Choose any PDF lesson plan from the list, and be sure to select from the appropriate grade level (K-3 or 4-8).
-  3. Once you have finished a lesson, use the five-star scale to give the lesson a rating (and let us know it's complete) before moving on to the next lesson.

### The Benefits

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



**Improve  
School Climate**



**Flexibly Support  
Learning**



**Foster Social  
& Emotional  
Development**



*"Schools in our district have had success using Teach Kindness for a few years now, largely thanks to the powerful, easy-to-use lessons. The lessons cover a wide range of critically important skills and take anywhere between 10 minutes to an hour to teach, so it's easy for teachers to find lessons that fit their schedule. Since Teach Kindness is completely free and high-quality, there's really no reason not to make it part of your school climate efforts."*

#### **Cami Hallgarth**

*Social-Emotional Learning Specialist in Indianapolis Public Schools*



*"Last year our school was recognized as the National Champion school for Teach Kindness, which was an incredible recognition of how our school community was transformed by participating in this program. Now that many schools are navigating a challenging school year and may not all be together in person, Teach Kindness has made it even simpler for schools to take advantage of this free resource. I cannot recommend this program enough – your colleagues and students will love it."*

#### **Dr. Sharon Nepote**

*Principal of Wagoner Elementary in Illinois*

## Kindness Pathways

We have curated a wide range of activities from leading content providers for teachers to choose from and teach.

### ➔ 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.

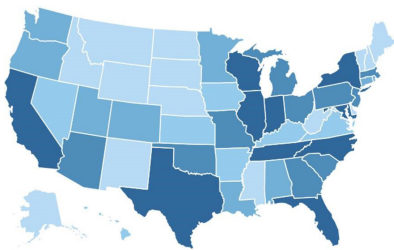
### ➔ Fostering Empathy

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



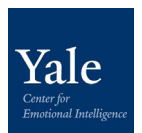
# OF TIMES TEACH KINDNESS LESSONS HAVE BEEN TAUGHT: **37,571**

# OF EDUCATORS WHO'VE TAUGHT 4 OR MORE LESSONS: **7,159**

# OF SCHOOLS REGISTERED ACROSS ALL 50 STATES: **6,726**

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## Featuring Practical Classroom Lessons from Leading Social-Emotional Learning Experts



## Supported and Informed by Educators and Education Professionals At All Levels



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

[www.WeTeachKindness.org](http://www.WeTeachKindness.org)