

CHARACTER EDUCATION

KINDNESS



KINDNESS



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KINDNESS

PARENT LETTER

Dear Parents and Guardians,

As our students grow through the middle school years, they are developing not only their academic skills but also their social and emotional ones. One of the most important of these is kindness — choosing to treat others with respect, empathy, and understanding both in person and online.

Here are a few ways you can encourage kindness at home:

1. **Talk about real-life situations.** Ask your child how they handle disagreements or group dynamics at school. Use open-ended questions like, “How did you respond?” or “What might you do differently next time?”
2. **Model calm and respectful communication.** Middle schoolers watch how adults handle frustration. Showing patience and empathy during tough moments teaches powerful lessons about kindness and self-control.
3. **Encourage digital kindness.** Discuss what respectful online behavior looks like — thinking before posting, avoiding gossip, and speaking up against cyberbullying.
4. **Notice and praise small acts.** Recognize when your child helps someone, includes a peer, or stands up for fairness. A quick “I saw how kind that was” reinforces positive behavior.
5. **Create a family kindness challenge.** Try simple acts like writing kind messages, volunteering, or doing something thoughtful for a friend or teacher.

Your partnership helps students carry kindness beyond the classroom — into their friendships, online spaces, and future communities. Thank you for joining us in helping our middle schoolers grow into confident, caring, and compassionate young people.

KINDNESS

WRITING PROMPTS

1. Describe a time when someone showed you kindness. How did it affect your mood or actions afterward? Did it inspire you to be kind to someone else?
2. Think about a time when it wasn't easy to be kind — maybe you were upset or frustrated. How did you handle it, and what did you learn about yourself?
3. Explain what digital kindness means to you. How can students show kindness and respect when communicating on social media, in texts, or in group chats?
4. Words can build people up or tear them down. Write about a time when someone's words made you feel good—or when you made someone else's day with what you said.

KINDNESS

SAMPLE ROLE PLAY SCENARIOS

- Dropped Books- A student drops their backpack and everything spills in the hallway. People walk by or laugh. What can kindness look like?
- Left Out at Recess- A student is sitting alone during free time and looks sad. Your group is playing a game. What could you do?
- New Student Struggles- A new student doesn't know how lunch works or where to go. You notice them looking lost. How can you show kindness?
- Rumor Mill- You hear a rumor about someone that's not true. A group is gossiping. How can you respond with kindness?
- Getting Picked Last- A classmate always gets picked last in group or team activities. You're the team captain this time. What can you do?
- Kindness to Teachers- A teacher is clearly having a rough day. Some students are being loud and off-task. How can you respond kindly?
- Online Kindness- You see a classmate's post that only gets one like. Some people leave silly or mean comments. What could you do to lift them up?

KINDNESS

MORNING ANNOUNCEMENTS

Name: _____

Date: _____

***Week 1:** We are learning all about Kindness. We defined being kind as being friendly, helpful, and showing concern for others. Some ways you can be kind at school are including others, sharing, using words that help not hurt, offering to help clean up, giving a compliment, holding the door open for someone, and smiling.

***Week 2:** We are continuing to learn all about Kindness. Remember being kind means being friendly, helpful, and showing concern for others. Some ways that you can be kind at home are sharing with a sibling, offering to help your parents with something, telling your family that you care about them, and doing a chore without being asked to.

***Week 3:** We are continuing to learn all about Kindness. Remember being kind means being friendly, helpful, and showing concern for others. Some ways that you can be kind in your community is by donating clothes or toys, saying thank you to the bus driver, waving to sanitation workers, help a neighbor, and picking up litter.

***Week 4:** As we continue to learn about Kindness, let's reflect on this quote by Amelia Earhart, "A single act of kindness throws out roots in all directions, and the roots spring up and make new trees." This means that kindness can be contagious and when you are kind to one person, they will be kind to someone else and that is how we can all change the world for the better. What is one way you will be kind today?

***Week 5:** Kindness is an essential trait to have for many careers. Teachers for example show a lot of kindness. Teachers provide an environment in their classroom that makes students feel welcomed, cared for, and loved. Teachers are sensitive to students' learning experiences and understand how education fits into their specific life circumstances. They're also compassionate and genuinely care about their students' wellbeing. From helping with a minor playground injury, to listening to a conflict between classmates, to encouraging a student to try their best, teachers show kindness every day. Think of a career you may be interested in and how you can show kindness within that career.

***Week 6:** Kindness is also shown by many leaders throughout history and is an important feature of being a leader. One such leader was Fred Rogers. Also known as Mister Rogers, he was a TV host on the show Mister Roger's Neighborhood. The stories showed children different ways that people build caring relationships with one another such as doing kind things for each other, talking and listening, helping and asking for help, and working together to solve problems. Through his words and songs, Mister Rogers encouraged us to find our own ways to show others we care about them and helped us appreciate and respect others. He showed us the power of kindness, he said "You are special and so is everyone else in this world." Think about how you can be a leader in your classroom by showing kindness.

I CAN BE
KIND

BY

BEING

friendly

helpful, AND

SHOWING

CONCERN

FOR *others.*



CHARACTER EDUCATION

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CHARACTER EDUCATION

KINDNESS

PRE-SURVEY

Name: _____

Date: _____

I am learning to be kind.



Always



Sometimes



Hardly



Never

| | | | | |
|---|--|--|--|--|
| I show kindness through my words, tone, and actions toward others. | | | | |
| I encourage my friends and classmates to act with kindness too. | | | | |
| I include others who may feel left out or alone. | | | | |
| I choose to be kind even when I'm frustrated, angry, or having a bad day. | | | | |
| I use technology to spread positivity and kindness online. | | | | |
| I recognize when someone might need help, support, or encouragement. | | | | |
| I practice self-kindness by speaking to myself with respect and patience. | | | | |

KINDNESS

POST-SURVEY

Name: _____

Date: _____

I am learning to be kind.



Always



Sometimes



Hardly



Never

| | | | | |
|---|--|--|--|--|
| I show kindness through my words, tone, and actions toward others. | | | | |
| I encourage my friends and classmates to act with kindness too. | | | | |
| I include others who may feel left out or alone. | | | | |
| I choose to be kind even when I'm frustrated, angry, or having a bad day. | | | | |
| I use technology to spread positivity and kindness online. | | | | |
| I recognize when someone might need help, support, or encouragement. | | | | |
| I practice self-kindness by speaking to myself with respect and patience. | | | | |

KTNDNES

GOOD CHARACTER AWARD

Presented to:

Teacher



Date

KTNDNES

GOOD CHARACTER AWARD

Presented to:



Teacher

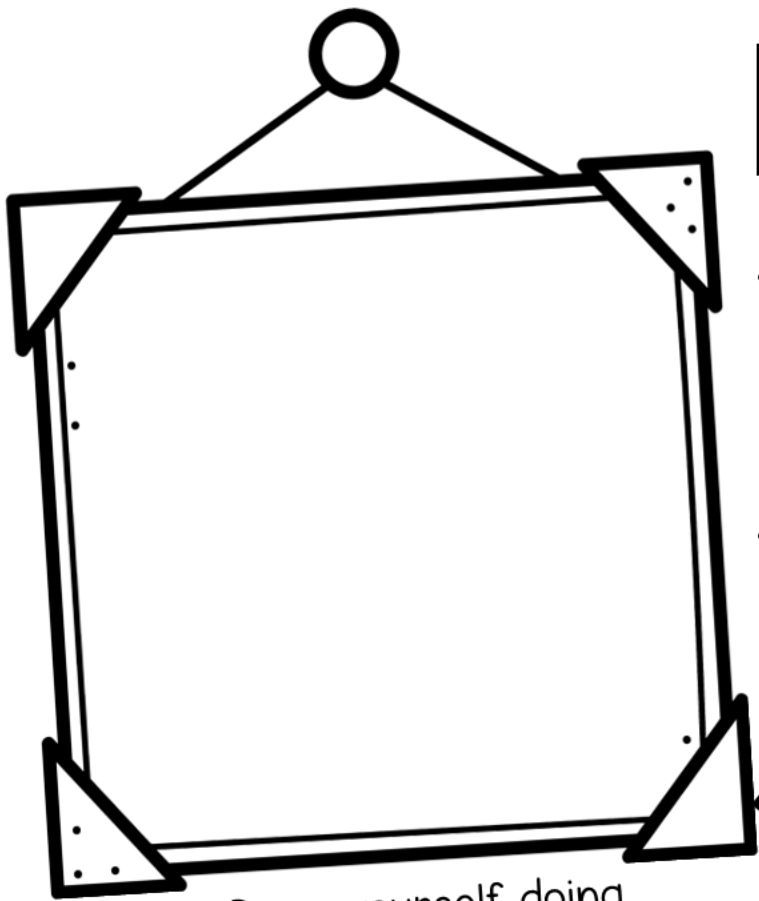
Date

KINDNESS

WAYS TO BE KIND

Name: _____

Date: _____



Draw yourself doing
something kind.

I can be kind by...



What does Kindness mean to me?



KINDNESS

WAYS TO BE KIND

Name: _____

Date: _____

Ways I can be kind at School



- Smile and say hello to classmates or teachers.
- Sit with someone who's alone at lunch.
- Offer to help a peer who's struggling.
- Give genuine compliments.
- Hold the door open for others.
- Thank your teachers, office staff, or custodians.
- Let someone go ahead of you in line.
- Invite someone new to join your group or activity.
- Pick up trash or help keep the classroom clean.
- Stand up for someone who is being teased or left out.

Ways I can be kind at Home



- Do chores or help with dinner without being asked.
- Say "thank you" and "please" to family members.
- Spend time with siblings or play something they enjoy.
- Write a kind note or message to a parent or guardian.
- Offer to help with groceries, pets, or cleaning up.
- Listen respectfully during family conversations.
- Give family members space and patience when they're stressed.
- Tell your family something you appreciate about them.

Ways I can be kind in my Community



- Volunteer at a local food bank, park, or animal shelter.
- Hold the door for someone at a store or public place.
- Help a neighbor carry bags or shovel snow.
- Donate gently used clothes or toys to a local charity.
- Participate in a community clean-up event.
- Say thank you to workers (bus drivers, cashiers, police officers, mail carriers).
- Support a community fundraiser or kindness drive.
- Pick up litter when you see it.

KINDNESS

WAYS TO BE KIND SORT

Name: _____

Date: _____

Ways I can be kind in my
School

Ways I can be kind in my
Home

Ways I can be kind in my
Community

KINDNESS

STUDENTS WITH CHARACTER

Name: _____

Date: _____

Kind Students

NEW FRIENDS



When a new student named Jordan joined the 7th grade halfway through the year, most people didn't know how to approach him. He sat alone at lunch and looked unsure about where to go between classes. Aiden noticed and decided to help. He invited Jordan to sit with his group at lunch and showed him around the school—where the gym was, how to get to science, and even which teacher always had extra pencils. Later that week, Aiden partnered with Jordan in class so he wouldn't feel left out. Even though it was a small act, Aiden's kindness helped Jordan feel welcome and confident in a new school. Soon, other students began talking to Jordan too, showing how one simple act of kindness can create a ripple effect.

How did this student show Kindness?



KINDNESS

LEADERS WITH CHARACTER

Name: _____

Date: _____

Kind Leaders

FRED ROGERS



Fred Rogers, also known as Mister Rogers was a TV host on the show Mister Roger's Neighborhood. He committed his life to making television programs for the very young because he saw its potential as an instrument for good. The stories showed children different ways that people build caring relationships with one another such as doing kind things for each other, talking and listening, helping and asking for help, and working together to solve problems. Through his words and songs, Mister Rogers encouraged us to find our own ways to show others we care about them and helped us appreciate and respect others. He showed us the power of kindness and compassion, he said "*You are special and so is everyone else in this world.*"

How did Fred Rogers show Kindness?



KINDNESS

CAREERS WITH CHARACTER

Name: _____

Date: _____

Kind Careers

TEACHER



Teachers provide instruction to students on a variety of academic and social emotional topics. In order to do that, they create an environment in their classroom that makes students feel welcomed, cared for, and loved. Teachers are sensitive to students' learning experiences and understand how education fits into their specific life circumstances. They're also compassionate and genuinely care about their students' wellbeing. From helping with a minor playground injury, to listening to a conflict between classmates, to encouraging a student to try their best, teachers show kindness every day.

How do Teachers show kindness?



KINDNESS

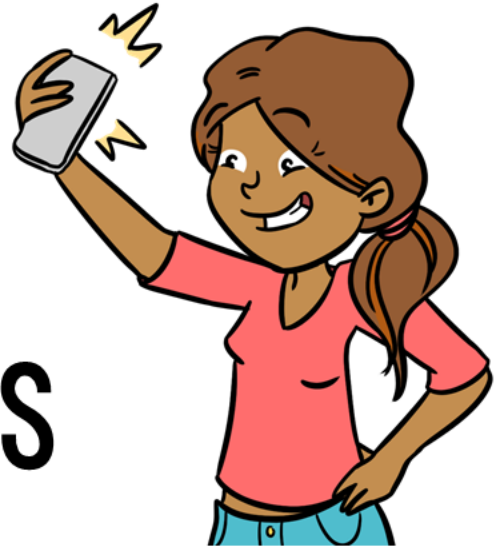
DIGITAL CHARACTER

Name: _____

Date: _____

Digital Kindness

SELFIE COMMENTS



When Samantha saw that her friend Lila posted a selfie on social media and some students had written mean comments about her appearance, she felt upset for her friend. Instead of ignoring it or joining in, Samantha commented something positive on Lila's post, "You look great! Don't listen to the negativity—you're awesome!" Then she privately messaged Lila to check in and remind her that those comments didn't define her. Samantha also reported the hurtful messages and encouraged others to post supportive replies.

How did she show digital kindness?



KINDNESS

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about kindness and respond.

Why do you think
kindness is important
in middle school?

How can one small
act of kindness
change someone's
day?

What's harder —
being kind to others
or being kind to
yourself? Why?

KINDNESS

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about kindness and respond.

How can you show kindness even when you're in a bad mood?

What does kindness look like online versus in person?

Why might it take courage to be kind sometimes?

KINDNESS

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about kindness and respond.

How can kindness
help build stronger
friendships?

What's the difference
between being kind
and being "nice"?

How can you show
kindness to someone
you don't get along
with?

KINDNESS

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about kindness and respond.

How does kindness
help make your
school a better
place?

Think of a time
someone was kind to
you — how did it
make you feel?

What are some ways
to show kindness
without using words?

KINDNESS

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about kindness and respond.

How can you encourage others to be kind without sounding bossy?

What can you do if you notice a classmate being left out or picked on?

How can you show kindness to a teacher or staff member at your school?

KINDNESS

THINK AND RESPOND

Name: _____

Date: _____

Read the questions about kindness and respond.

Why is it important to practice digital kindness on social media and group chats?

What are some ways to show kindness in your community outside of school?

How can being kind help make you a stronger and more confident person?

KINDNESS

MULTIPLE CHOICE


Name: _____


Date: _____

KINDNESS: COLOR THE CHECKMARK OF YOUR ANSWER.

You notice a new student sitting alone at lunch.


 Tell your friends to go say something funny


 Invite them to sit with you or your friends

 Walk past them so you don't feel awkward


Your classmate forgot their pencil and looks embarrassed.


 Offer to lend them one


 Laugh and say, "Again?"

 Ignore it—it's not your problem

You accidentally bump into someone in the hallway, and their books fall.

 Laugh about it with your friends

 Walk away quickly before they notice

 Help them pick up their books and apologize

KINDNESS

MULTIPLE CHOICE

Name: _____

Date: _____

KINDNESS: COLOR THE CHECKMARK OF YOUR ANSWER.

Your friend shares exciting news about winning an award.

✓ Congratulate them and celebrate their success

✓ Ignore their post or message

✓ Say, "You just got lucky"

Someone in your group project isn't doing their part.

✓ Complain about them to others

✓ Leave their name off the project

✓ Ask if they need help or reminders

A student drops their lunch tray in the cafeteria, and everyone starts laughing.

✓ Help them clean up and offer support

✓ Take a photo for social media

✓ Laugh along to fit in

KINDNESS

MULTIPLE CHOICE

Name: _____

Date: _____

KINDNESS: COLOR THE CHECKMARK OF YOUR ANSWER.

You see someone being teased for the way they dress.

Laugh a little so it's not awkward

Stay silent so you don't get involved

Speak up or show support to the person being teased

Your friend sends you a mean message about another classmate.

Tell your friend it's not okay to talk that way

Add your own mean comment

Forward it to others

You hear someone spreading rumors about your friend.

Defend your friend and stop the rumor

Pretend you didn't hear anything

Spread it to see if it's true

KINDNESS

MULTIPLE CHOICE

Name: _____

Date: _____

KINDNESS: COLOR THE CHECKMARK OF YOUR ANSWER.

Your teacher looks stressed after a long day.

Ignore them—it's not your concern

Say thank you or tell them you appreciate them

Joke about how tired they look

Your sibling borrows your stuff without asking.

Yell and tell them to never touch your things

Hide all your things so they can't use them

Talk calmly and explain how it makes you feel

You see a classmate struggling to open their locker.

Offer to help them figure it out

Laugh quietly with your friends

Film it and post it online

KINDNESS

MULTIPLE CHOICE

Name: _____

Date: _____

KINDNESS: COLOR THE CHECKMARK OF YOUR ANSWER.

A group chat turns negative, and people start making fun of a student.

Leave the chat or ask them to stop

Add an emoji to keep the joke going

Screenshot it and share it

Your sibling borrows your stuff without asking.

Yell and tell them to never touch your things

Hide all your things so they can't use them

Talk calmly and explain how it makes you feel

Someone posts a photo online, and people start leaving rude comments.

Leave a supportive comment or send them a kind message

Like the rude comments

Add your own joke

KINDNESS

MULTIPLE CHOICE

Name: _____

Date: _____

KINDNESS: COLOR THE CHECKMARK OF YOUR ANSWER.

You make a mistake and accidentally hurt someone's feelings.



Pretend it didn't happen

Apologize sincerely and try to make it right

Say, "It was just a joke!"

You notice trash on the floor in your classroom.



Pick it up, even if it's not yours

Step over it—it's not your mess

Kick it under a desk

You see another student trying out for a team you're already on.



Say, "You'll never make it"

Brag about your own skills

Encourage them and wish them luck

KINDNESS

A KIND WORLD

Name: _____

Date: _____

KINDNESS WEB

In the center circle, write your name. Around it, in the six circles write one act of kindness you could do for others. For each of those circles, there is a line outward to a box— write in the box how showing how your kindness could inspire someone else.

The diagram is a 'Kindness Web' centered around a large hexagon. Inside the hexagon, there are seven circles: one in the center and six surrounding it. Each of the six outer circles is connected to a rectangular box outside the hexagon by a line. The boxes are positioned at the top-left, top-right, middle-left, middle-right, bottom-left, and bottom-right relative to the central hexagon. The boxes are empty for writing.

Name: _____

Date: _____

ACTS OF KINDNESS CHALLENGE TRACKER

Complete as many acts of kindness as you can this week!
Check them off and add your own ideas at the bottom.

- ☐ Smile at three people today
- ☐ Thank a teacher or staff member
- ☐ Compliment someone sincerely
- ☐ Include a classmate who's sitting alone
- ☐ Send a kind text or message
- ☐ Help clean up a shared space
- ☐ Write a kind sticky note for someone
- ☐ Encourage a friend who's having a rough day



My own ideas for kindness:

Reflect: Which act of kindness made the biggest difference?



KINDNESS

A KIND WORLD

Name: _____

Date: _____

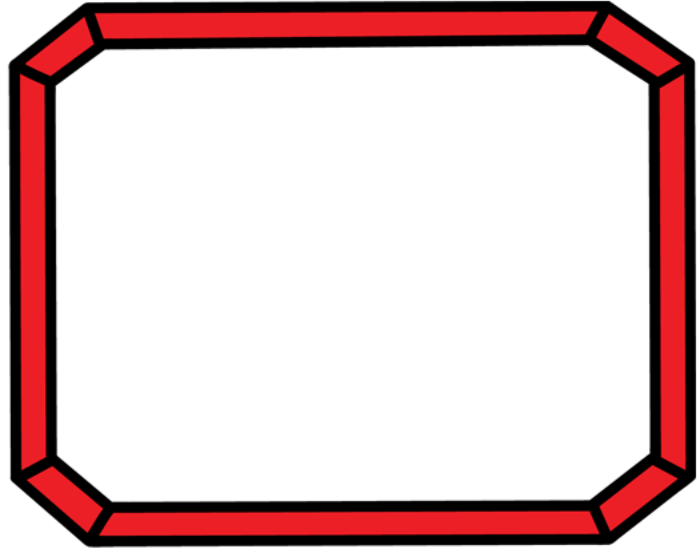
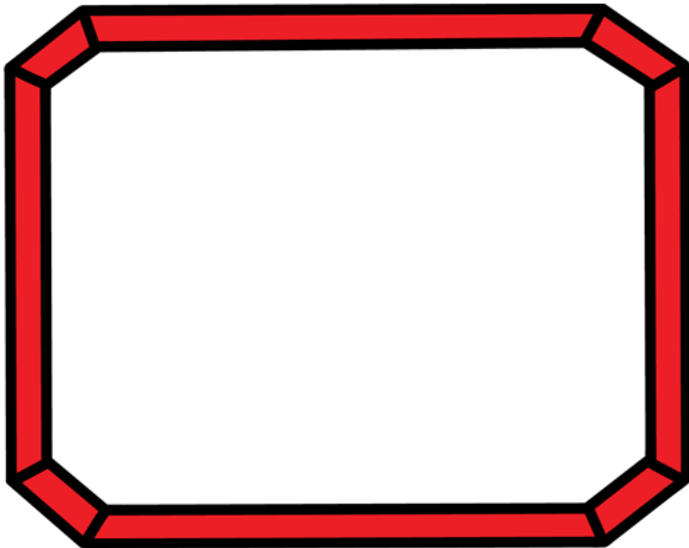
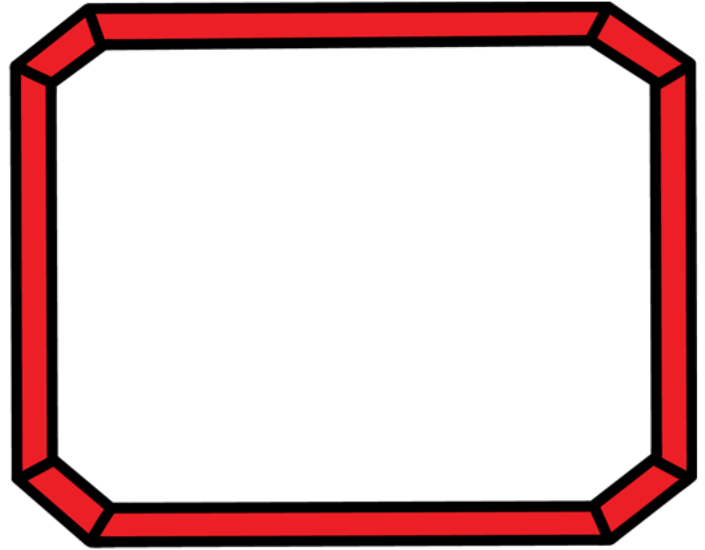
COMPLIMENT CHAIN

Write three compliments for different people in your class or school (no repeats!). Each compliment should be specific and sincere. Cut out the slips and deliver them—or share them verbally.

Examples:

"You always make group work fun."

"I noticed you helped someone today—that was really thoughtful."



Reflect: How did giving compliments make you feel compared to receiving them?

KINDNESS

A KIND WORLD

Name: _____

Date: _____

THE KINDNESS SCALE



Below are examples of kind actions. Rate each one on a scale of 1-5 (1 = small act, 5 = major impact). Then write one act of kindness of your own for each level.

| EXAMPLE | RATING (1-5) | MY SIMILAR ACT |
|-------------------------------------|--------------|----------------|
| Smiling at someone in the hallway | | |
| Helping a classmate with homework | | |
| Standing up for a peer who's teased | | |
| Donating to a community cause | | |
| Forgiving someone who hurt you | | |

Reflect: Which acts are easiest for you? Which ones take the most courage?

KINDNESS

A KIND WORLD

Name: _____

Date: _____

GROW KINDNESS

Grow Kindness by feeding others and yourself with kind words, behaviors, and thoughts.

A kind thing to do:

A kind word to speak to someone:

A kind thought to tell myself:



KINDNESS

A KIND WORLD

Name: _____

Date: _____

What are some examples of kindness you have seen from others?

Teacher

Parent/Guardian

Strangers

Friends

KINDNESS

A KIND WORLD

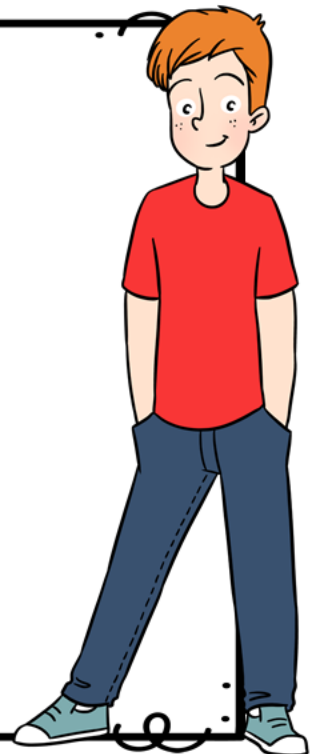
Name: _____

Date: _____

What would society look like if no one was kind?



Would you want to live in this society, why or why not?



KINDNESS

A KIND WORLD

Name: _____

Date: _____

What would society look like if everyone was kind?



Would you want to live in this society, why or why not?



KINDNESS

A KIND WORLD

Name: _____

Date: _____

Let's time travel to the **future**, what is one way you would want people to be more kind? Why?



Let's time travel to the **past**, what is one way you would have wanted people to be more kind? Why?



KINDNESS

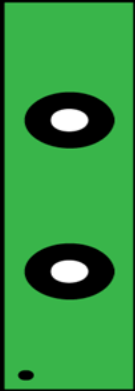
SELF-REFLECTION

Name: _____

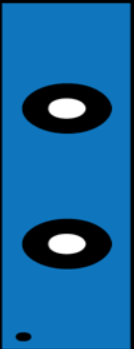
Date: _____

We all make mistakes, that is how we learn! Think of one example of a time where you did NOT show kind behavior.

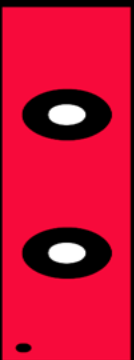
I was NOT kind when I...



What I learned...



This is how I will be more kind...



KINDNESS

SELF-REFLECTION

Name: _____

Date: _____

Think about what kindness means to you and how you like to show kindness or have others show kindness to you.

One way I would like to show kindness



| | | |
|--|--------------------------------|--|
| | <p>• •</p> <p>•</p> <p>• •</p> | |
|--|--------------------------------|--|

One way I would want kindness shown to me



| | | |
|--|--------------------------------|--|
| | <p>• •</p> <p>•</p> <p>• •</p> | |
|--|--------------------------------|--|

Being kind is important to me because



| | | |
|--|--------------------------------|--|
| | <p>• •</p> <p>•</p> <p>• •</p> | |
|--|--------------------------------|--|

KINDNESS

SELF-REFLECTION

Name: _____

Date: _____

Think about the ways you show kindness, pick one that you feel you are consistent in doing and reflects your good character.



KINDNESS

TASK CARDS

TASK

THINK & DISCUSS

CARDS

TIPS FOR USING TASK CARDS

- Encourage students to think about each question and share their response.
- Pair students together to have them take turns answering the task cards.
- Use the task cards as a center activity.
- To make it a writing activity, have students write their responses on paper.
- To make it a class wide activity, read the card out loud and encourage student responses. (see included PowerPoint slides to display on board)



DIG DEEPER QUESTIONS

- Are there multiple answers that could be considered kind decisions?
- How are your responses different or similar to other students?
- Why are some of our responses similar or different?
- What impacts our decision to be kind or unkind?
- Does one unkind decision make you an unkind person?
- What will happen if you repeatedly make unkind decisions?

KINDNESS

What does kindness
look like in your
everyday life?



THINK & DISCUSS

KINDNESS

Why is kindness
important in middle
school?



THINK & DISCUSS

KINDNESS

How can small acts
of kindness make a
big difference?



THINK & DISCUSS

KINDNESS

What are kind ways
to tell someone
no?



THINK & DISCUSS

KINDNESS

How do you feel
when someone
shows kindness to
you?



THINK & DISCUSS

KINDNESS

Why can it sometimes
be hard to be kind?



THINK & DISCUSS

KINDNESS

How can being
kind help you make
or strengthen
friendships?



THINK & DISCUSS

KINDNESS

What's the difference
between being kind
and just being "nice"?



THINK & DISCUSS

KINDNESS

How can you show kindness even when you're frustrated or upset?



THINK & DISCUSS

KINDNESS

Why is it important to show kindness to people who are different from you?



THINK & DISCUSS

KINDNESS

How can you show kindness without using words?



THINK & DISCUSS

KINDNESS

How can kindness help stop bullying or teasing at school?



THINK & DISCUSS

KINDNESS



THINK & DISCUSS

What role does kindness play in teamwork or group projects?

KINDNESS



THINK & DISCUSS

How can you show kindness to teachers, staff, or bus drivers?

KINDNESS



THINK & DISCUSS

Why is it important to be kind online as well as in person?

KINDNESS



THINK & DISCUSS

How can you practice self-kindness when you make a mistake or feel down?

KINDNESS

What are some
ways to encourage
your friends to be
kinder to others?



THINK & DISCUSS

KINDNESS

Why does it
sometimes take
courage to be
kind?



THINK & DISCUSS

KINDNESS

How does gratitude
connect to
kindness?



THINK & DISCUSS

KINDNESS

What can happen
if kindness is
missing in a school
environment?



THINK & DISCUSS

KINDNESS

How can you
respond when
someone isn't kind
to you?



THINK & DISCUSS

KINDNESS

How can kindness
spread or inspire
others to be kind?



THINK & DISCUSS

KINDNESS

What does it mean to
“lead with kindness”?



THINK & DISCUSS

KINDNESS

How can showing
kindness today make
a difference in your
future?



THINK & DISCUSS

KINDNESS

SITUATION CARDS

SITUATION

WHAT WOULD YOU DO?

CARDS

TIPS FOR USING CARDS

- Encourage students to think about each scenario and what they would do.
- Pair students together to have them take turns answering the task cards.
- Use the task cards during centers having students answer in small groups.
- To make it a writing activity, have students write their responses on paper or in their journals.
- For a class wide activity or morning meeting, use the included PowerPoint slides



DIG DEEPER QUESTIONS

- What is the kind thing to do and why?
- What are the possible consequences of this decision?
- What are the possible positive results of this decision?
- What would happen if an alternative decision was made?
- Does your decision help or hurt others?
- Is what you want to do different than the kind thing to do? Why?
- What are all the different decisions that could be made?

KINDNESS



WHAT WOULD YOU DO?

A new student joins
your class and doesn't
know anyone.

What is the kind
thing to do?

KINDNESS



WHAT WOULD YOU DO?

You notice a classmate
sitting alone at lunch
every day.

What is the kind
thing to do?

KINDNESS



WHAT WOULD YOU DO?

Your friend gets
laughed at for giving
the wrong answer in
class.

What is the kind
thing to do?

KINDNESS



WHAT WOULD YOU DO?

You overhear someone
spreading a rumor
about another student.

What is the kind
thing to do?

KINDNESS



WHAT WOULD YOU DO?

A teacher drops a stack of papers in the hallway. Everyone walks by.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

You and your friends are joking around, but one person looks uncomfortable.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

You notice a classmate wearing the same clothes several days in a row. Others are whispering about it.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

A student in your group project never gets a turn to talk.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

A friend posts a picture online, and people start leaving mean comments.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

Your sibling comes home from school upset because someone was mean to them.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

You and a friend get into an argument, and they say something hurtful.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

You see someone drop their lunch tray and look embarrassed.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

You notice a classmate struggling to carry a heavy backpack or supplies.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

Someone makes a joke about another student's accent or appearance.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

Your friend gets a part in the play that you wanted.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

Your teacher is having a rough day and seems frustrated.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

You notice a student who usually talks a lot has been quiet and withdrawn lately.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

A student in your class gets teased for giving a presentation.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

Your group of friends starts gossiping about someone who isn't there.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

A younger student looks lost trying to find their classroom.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

You notice a student being left out of a group chat or online group.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

You see someone drop their wallet or money in the hallway.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

You see someone doing a random act of kindness for another person.

What is the kind thing to do?

KINDNESS



WHAT WOULD YOU DO?

A classmate says something mean to you in front of others.

What is the kind thing to do?

KINDNESS

BEING *friendly,*

helpful,

AND SHOWING

CONCERN FOR

others.

CHARACTER EDUCATION

KINDNESS
BEING *friendly,*
helpful, **AND**
SHOWING
CONCERN
FOR *others.*



CHARACTER EDUCATION

KINDNESS

BEING *friendly,*

helpful, AND



SHOWING

CONCERN

FOR *others.*

CHARACTER EDUCATION

KINDNESS

BEING *friendly, helpful*, AND SHOWING
CONCERN FOR *others*.

Use words
that help
not hurt.

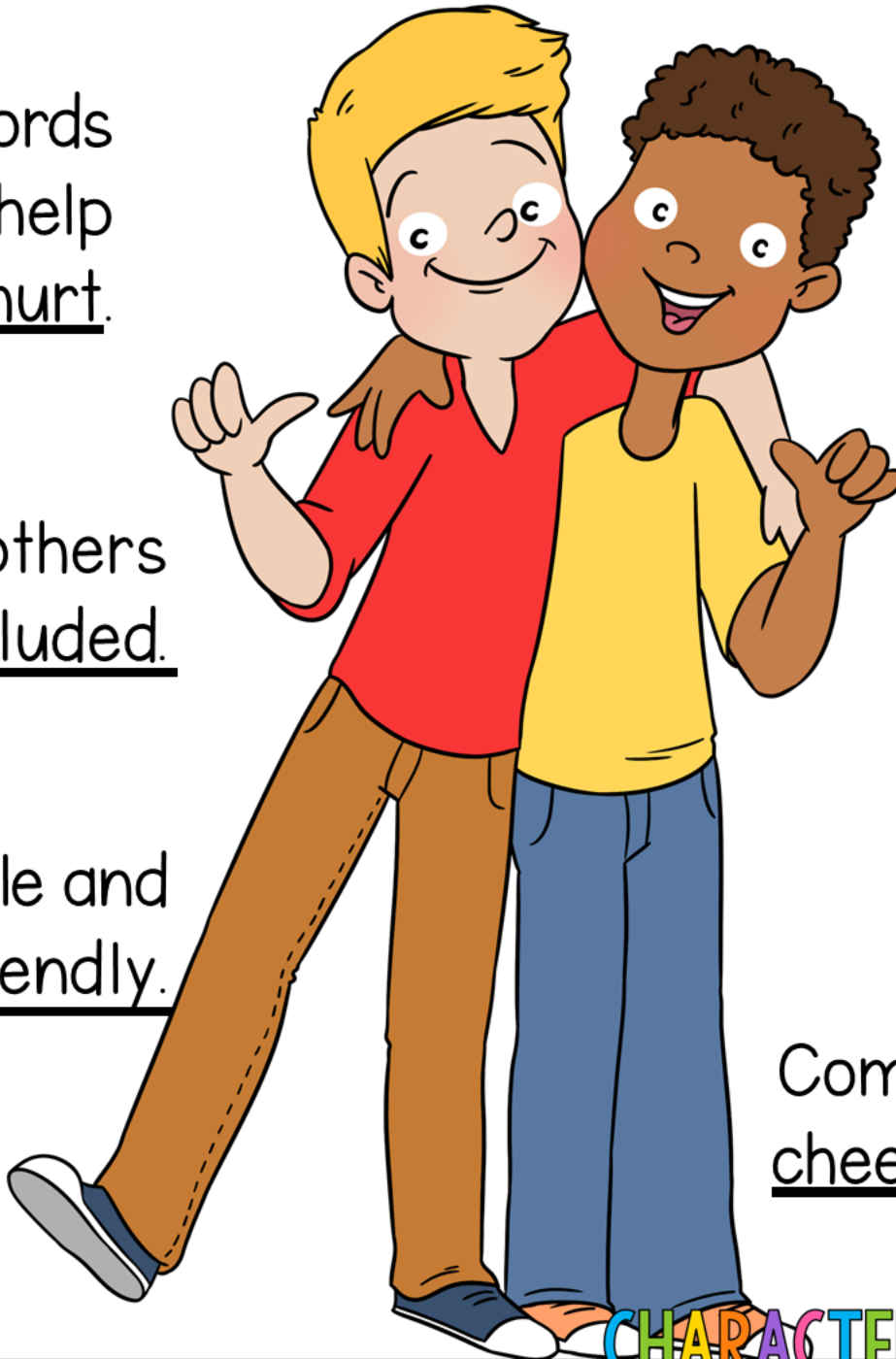
Make others
feel included.

Smile and
be friendly.

Be helpful
without
expecting
a reward.

Tell people
you care
about them.

Compliment and
cheer others up.



CHARACTER EDUCATION

QUOTE ABOUT

KINDNESSES
“A SINGLE ACT OF KINDNESS

THROWS OUT ROOTS IN ALL
DIRECTIONS, AND THE ROOTS
SPRING UP AND MAKE NEW TREES.”

- AMELIA EARHART

STUDENTS WITH

KINDNESSES



USE THEIR WORDS AND ACTIONS TO HELP

CREATE A HAPPY AND WELCOMING CLASSROOM.

- ✱ Give compliments, encourage others, and avoid gossip or teasing.
- ✱ Invite someone who's sitting alone to join your group.
- ✱ Post positive comments, stand up to cyberbullying, and think before sharing or forwarding something online.

CAREERS WITH

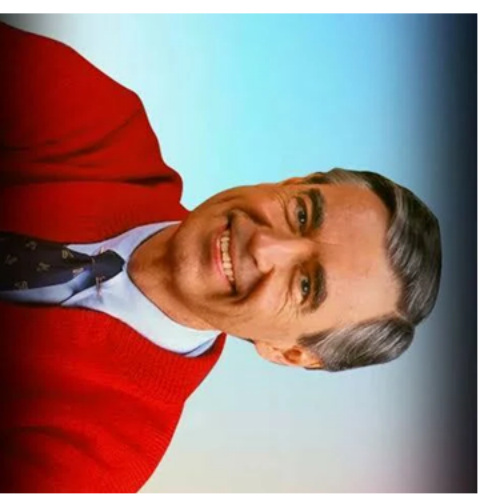
KINDNESSES TEACHER



Teachers provide instruction to students on a variety of academic and social emotional topics. In order to do that, they create an environment in their classroom that makes students feel welcomed, cared for, and loved. Teachers are sensitive to students' learning experiences and understand how education fits into their specific life circumstances. They're also compassionate and genuinely care about their students' wellbeing. From helping with a minor playground injury, to listening to a conflict between classmates, to encouraging a student to try their best, teachers show kindness every day.

LEADERS WITH

KINDNESSES FRED ROGERS

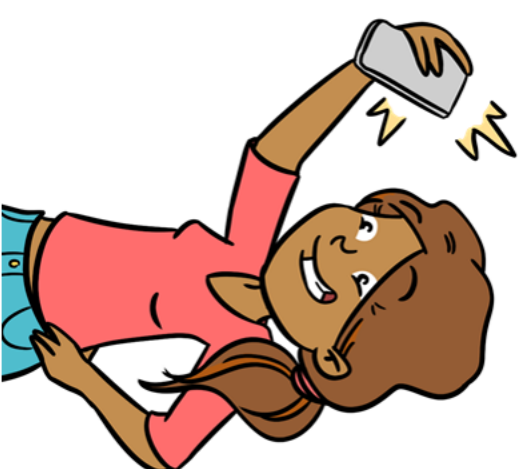


Fred Rogers, also known as Mister Rogers was a TV host on the show Mister Roger's Neighborhood. He committed his life to making television programs for the very young because he saw its potential as an instrument for good. The stories showed children different ways that people build caring relationships with one another such as doing kind things for each other, talking and listening, helping and asking for help, and working together to solve problems. Through his words and songs, Mister Rogers encouraged us to find our own ways to show others we care about them and helped us appreciate and respect others. He showed us the power of kindness and compassion, he said "You are special and so is everyone else in this world."

CHARACTER EDUCATION

DIGITAL

KINDNESS



THINK ABOUT HOW THE WORDS YOU ARE
TYPING ARE GOING TO IMPACT OTHERS IN A
POSITIVE WAY.

- ✧ Post positive comments instead of negative ones.
- ✧ Think before you share—make sure it's kind and true.
- ✧ Send encouraging messages to friends or classmates.
- ✧ Report or stand up to cyberbullying when you see it.

MY KINDNESS PLEDGE

This is how I am going to be Kind:

| | | |
|--|--|--|
| | | |
|--|--|--|



Pledge by: _____

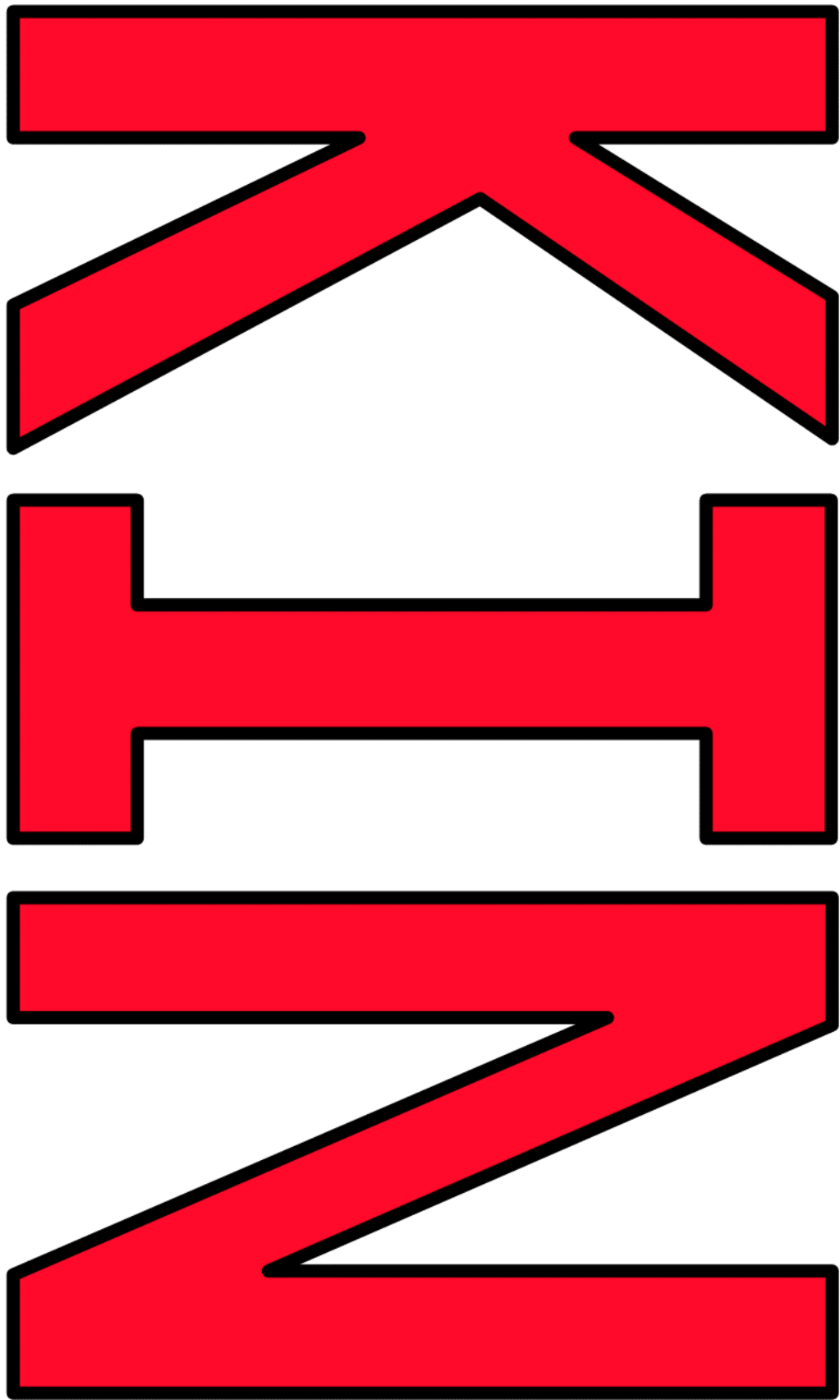
MY KINDNESS PLEDGE

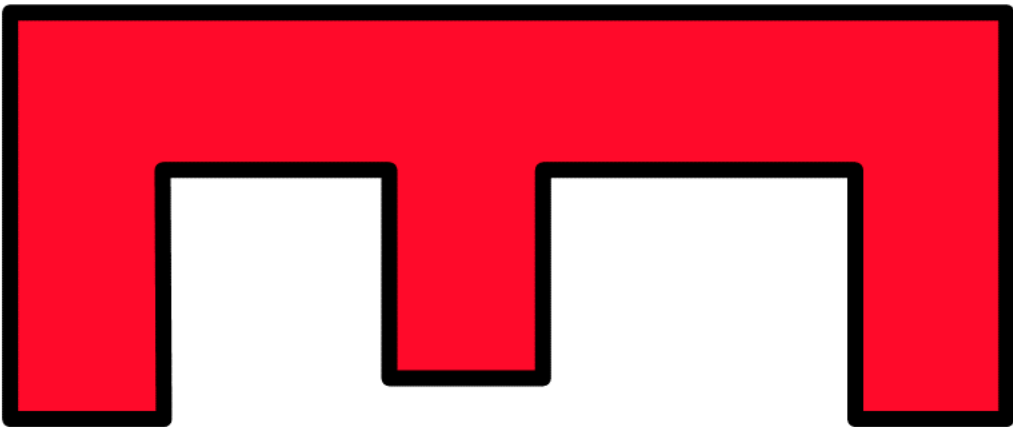
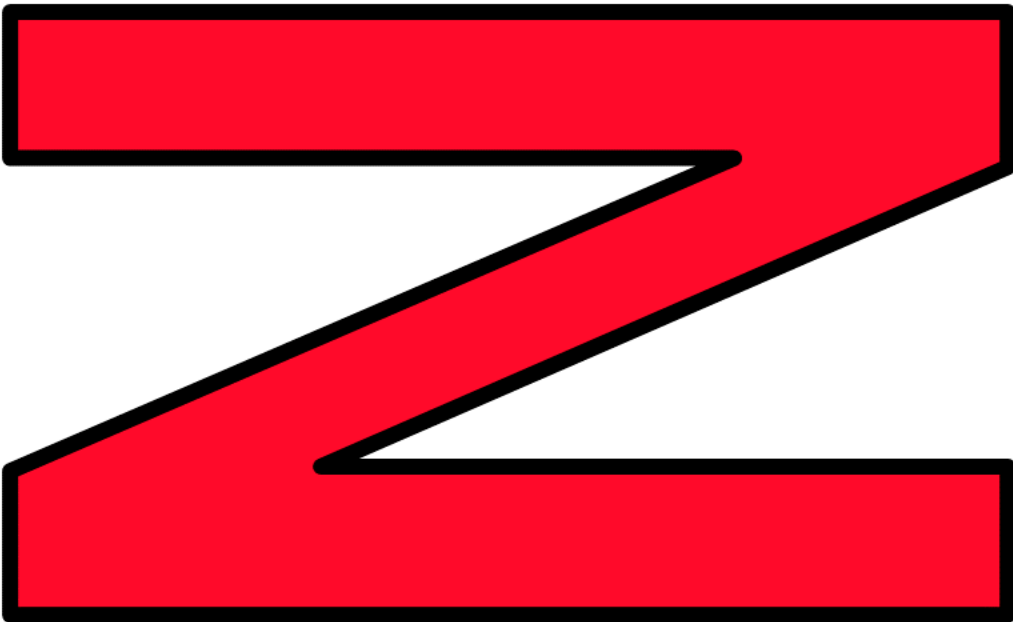
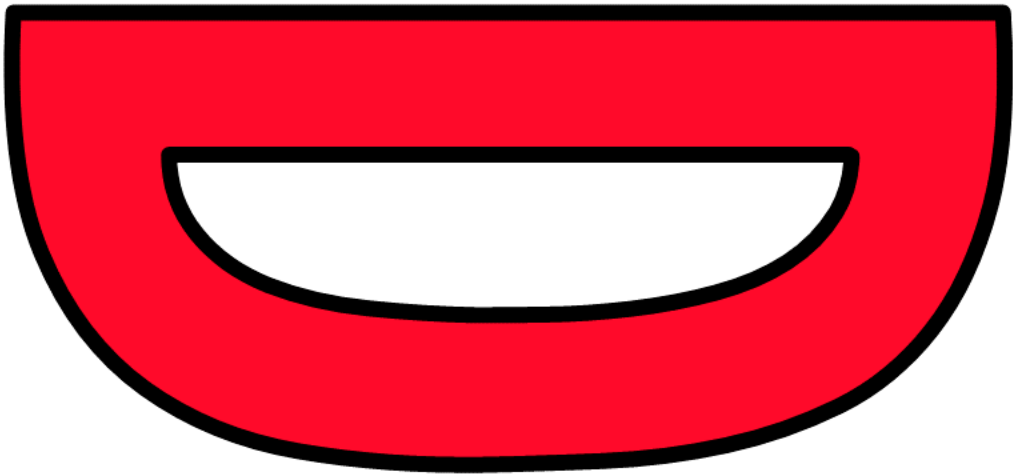
This is how I am going to be Kind:

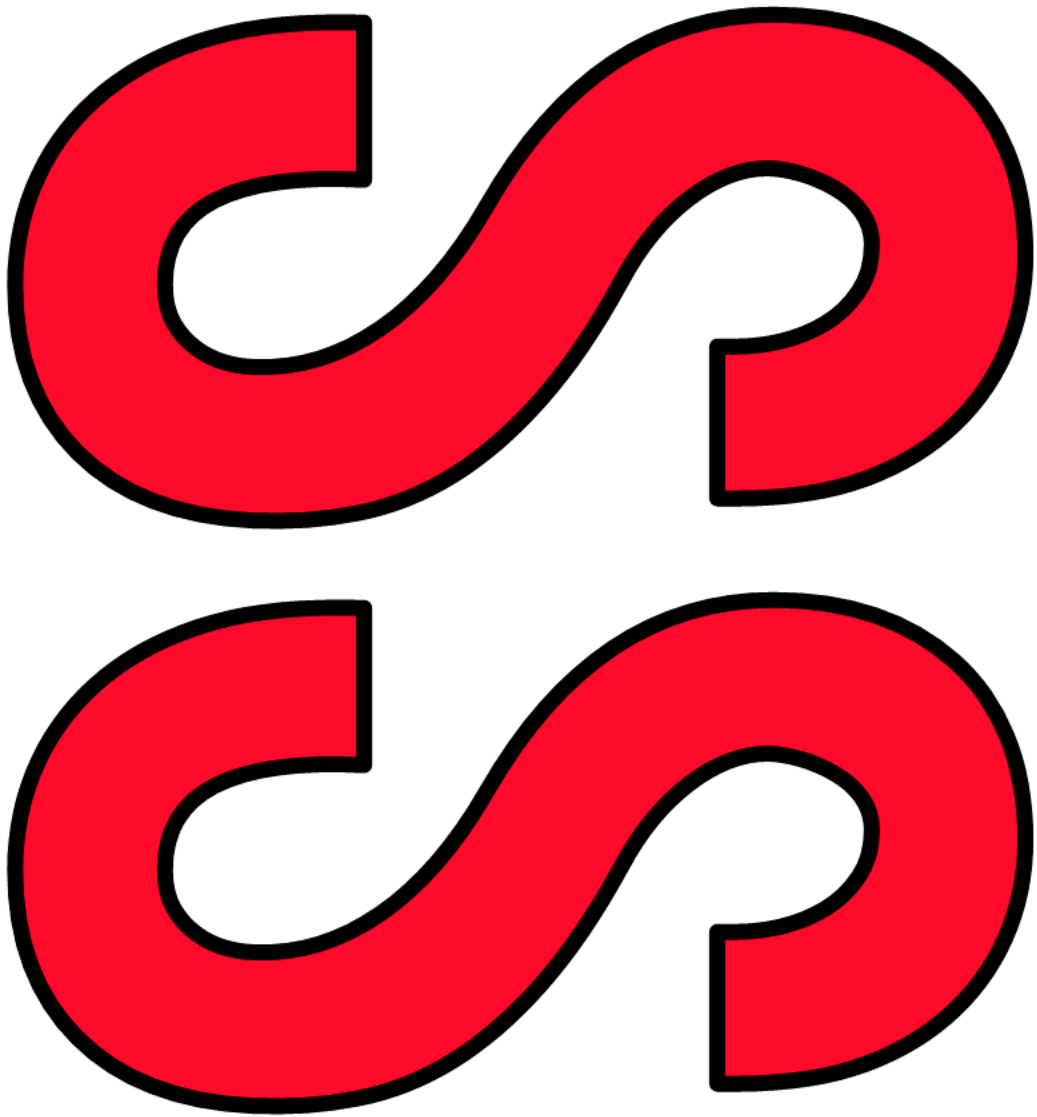
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Pledge by: _____







KINDNESSES



**CHARACTER
EDUCATION**

2 INCH

KINDNESSES



**CHARACTER
EDUCATION**

1.5 INCH

KINDNESSES



**CHARACTER
EDUCATION**

1 INCH

GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Character Education: Kindness](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

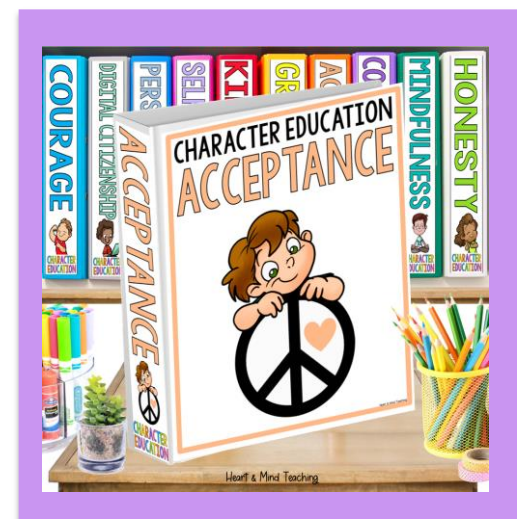
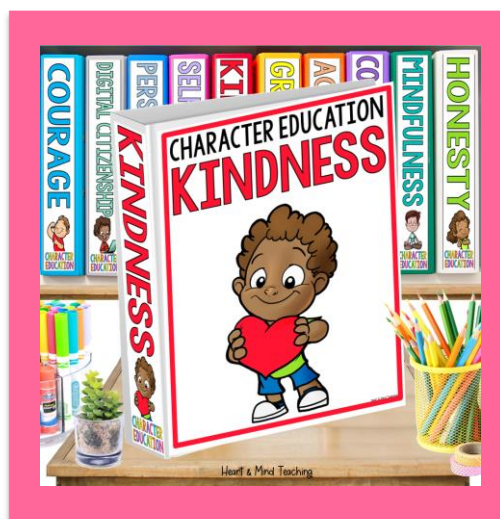
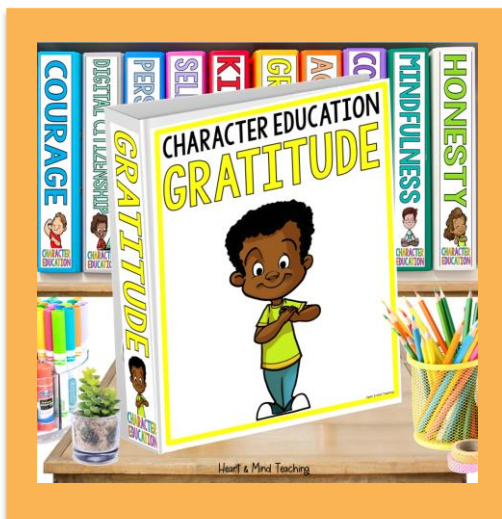
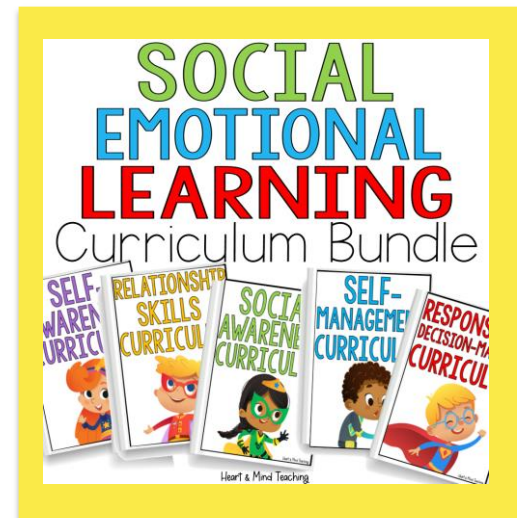
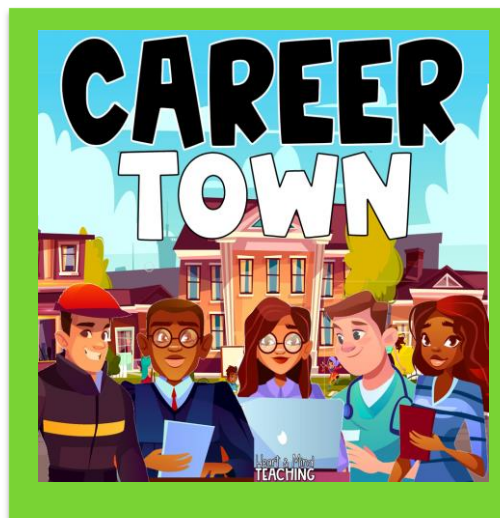
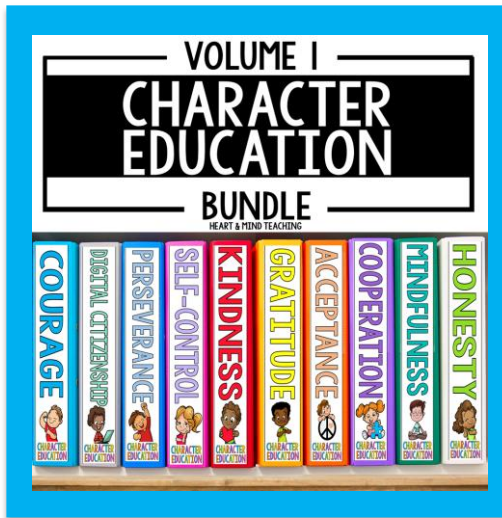
Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR
Collab
— with Laura & Ashley —



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

CLICK TO COLLAB

MEMBER Perks

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.



THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

LET'S BE FRIENDS

Ashley

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Library



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If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

CREDITS

