world kindness day

November 13

do something kind

in schools

STAY KIND

staykind.org

human* kind
be both

do something kind this World Kindness Day
#dosomethingkind

World Kindness Day reminds us every November of what great opportunities we have to make a difference to someone's life. If each one of us, did just one act of kindness every day, that would equate to **9.1 Billion** acts of kindness a year (based on a population of 25 Million Australians), that's **25 million** acts for World Kindness Day. The possibilities are endless – together what a great country we can be.

It feels good to do good. Share and inspire #dosomethingkind kindness is contagious!

Find out more on how you can get involved on our staykind.org website

To get you started we have 31 acts of kindness or why not start your own!

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

Leo Buscaglia, 1924 - 1998

#dosomethingkind

staykind.org

smile and say 'hello'

create a compliment or 'thank you' board for students to express their positive feelings towards each other

tell someone new you are happy to see them

everyone matters don't leave anyone out (in the playground, in sport, at lunchtime, to and from school)

each year group choose their own charity to raise money for on a set day or week. at an assembly share your activities and how your help will make a difference

celebrate the everyday heroes/kind figures in the local area or within school, this could be done by nomination or voting

involve local businesses in your activities raising awareness on kindness

say thank you to police, ambos, teachers, nurses and volunteers who look after our community.

focus on acts of kindness the whole school can do as well as good deeds individuals can do

volunteer in groups e.g. at a nursing home, soup kitchen, animal rescue centre, etc.

be helpful, do a chore for someone

create a kindness group - hold meetings to discuss random acts of kindness for the week/month at home, at school or in the local community

'kindness' empathy and caring comes from within the student group, discuss as a group how you can do this

make a display - leave cards for pupils to write down kind deeds they have done or witnessed and pin onto the display this could be created from an art competition or could be something contemporary such as graffiti

involve different areas of the school e.g. have a kindness zone in the library displaying historical figures who demonstrated acts of kindness

involve your school, community, family and friends in your act of kindness

include kindness in the classroom. eg a poem or book, themes of sharing in maths.

write a school blog about kind acts that are carried out that day/week

talk to someone who doesn't have a lot of friends or invite a new person into your group

assembly led by a member of a local charity or organisation

create 'packages' with donated or homemade goodies for a local hospice, nursing home, homeless shelter or hospital

put posters up around the school with inspirational kind quotations on them.

create a magazine or leaflet about everything that occurred during kind july - you could send this out to parents too!

short story competition with a kind theme

leave only kind comments on social media

should you thank someone today? families, carers, coaches, bus drivers

be a sticky note ninja leave a kind note for someone

help someone with their books, bags or shopping

if you don't need it anymore can you give it to someone who does

open the door at school, home, anywhere and let others first

show kindness to friends and families in an unexpected way

In 2018 researchers from the University of California reported that the headquarters of a Spanish corporate workplace assigned 111 employees to be Givers, Receivers, and Controls.

Participants were told they were part of a happiness study. Givers and Receivers were found to mutually benefit in well-being in both the short-term and the long-term where Receivers became happier after 2 months, and Givers became less depressed and more satisfied with their lives and jobs.

Givers' prosocial acts inspired others to act: Receivers paid their acts of kindness forward with 278% more prosocial behaviours than Controls.

Results from this study also reveal that practicing everyday prosocial behaviours is both emotionally reinforcing and contagious (inspiring kindness and generating hedonic rewards in others) and that receiving everyday prosociality is an unequivocally positive experience.

Chancellor J, Margolis S, Jacobs Bao K, Lyubomirsky S. Everyday prosociality in the workplace: The reinforcing benefits of giving, getting, and glimpsing. Emotion. 2018;18(4):507-517. doi:10.1037/emo0000321

If 20 acts of everyday kindness in 4 weeks creates this amount of social impact, imagine what Stay Kind and 31 acts of everyday kindness can do.

**Become a Kindness Champion in your school.
Join our Stay Kind movement at staykind.org**

Social impact starts with you!

If you would like to find out more information on Kind July

or are interested in embedding Stay Kind into your organisation our contact details are below.

STAY KIND
staykind.org

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