

# WORLD KINDNESS DAY

13th November 2019

## Acts of Kindness

In Schools

**STAY  
KIND**

[staykind.org](http://staykind.org)

# HUMAN \* KIND BE BOTH

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.



**Join our movement! Make a kindness pledge on our [staykind.org](https://staykind.org) website**



**To get you started we have 31 acts of kindness that you can do why not start your own!**

**WE ALL NEED EACH OTHER.**

Leo Buscaglia, 1924 - 1998

## 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.



If you would like more information or are interested in  
embedding Stay Kind into your organisation  
our contact details are below.



[staykind.org](https://staykind.org)

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