

Kind July

31 acts of kindness

in schools

human* kind be both

do something kind this July
#kindjuly

Kindness is simple and can change someone's day or life. If each one of us, did just one act of everyday kindness daily, that would equate to **9.1 billion** acts of kindness a year (based on a population of 25 million Australians). For kind July that would be **775 million** acts of kindness. The possibilities are endless – together what a great country we can be.



It feels good to do good. Share and inspire #kindjuly 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 that you can do for July 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."

[1] smile and say 'hello'	[2] create a compliment or 'thank you' board for students to express their positive feelings towards each other	[3] tell someone new you are happy to see them	[4] everyone matters don't leave anyone out (in the playground, in sport, at lunchtime, to and from school)	[5] each year group choose a 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
[6] celebrate the everyday heroes/kind figures in the local area or within school, this could be done by nomination or voting	[7] involve local businesses in your activities raising awareness on kindness	[8] say thank you to police, ambos, teachers, nurses and volunteers who look after our community	[9] focus on acts of kindness the whole school can do as well as good deeds individuals can do	[10] volunteer in groups e.g. at a nursing home, soup kitchen, animal rescue centre, etc.
[11] be helpful, do a chore for someone	[12] create a kindness group - hold meetings to discuss random acts of kindness at home, at school or in the local community	[13] leave only kind comments on social media	[14] create a display - leave cards for students to write kind deeds they have done or seen and pin it onto the display	[15] help someone with their books, bags or shopping

[16] **involve your school, community, family and friends in your act of kindness**

[17] include kindness in the classroom. e.g. a poem or book, themes of sharing in maths	[18] write a school blog about kind acts that are carried out that day/week	[19] talk to someone who doesn't have a lot of friends or invite a new person into your group	[20] assembly led by a member of a local charity or organisation	[21] 'kindness' empathy and caring comes from within the student group, discuss as a group how you can do this
[22] put posters up around the school with inspirational kind quotations on them	[23] create a magazine or leaflet about everything that occurred during Kind July - you could send this out to parents too!	[24] short story competition - with a kind theme	[25] create 'packages' with donated or homemade goods for a local hospice, nursing home, homeless shelter or hospital	[26] should you thank someone today? families, carers, coaches, bus drivers
[27] be a sticky note ninja - leave a kind note for someone	[28] involve different areas of the school e.g. have a kindness zone in the library displaying historical figures who demonstrated acts of kindness	[29] if you don't need it anymore can you give it to someone who does	[30] open the door at school, home, anywhere and let others first	[31] 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 Kind July 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.**



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