



# One Kind Act Begets Another

How to Create a Culture of Kindness  
that Benefits You and Your Students

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@thefamilycoach

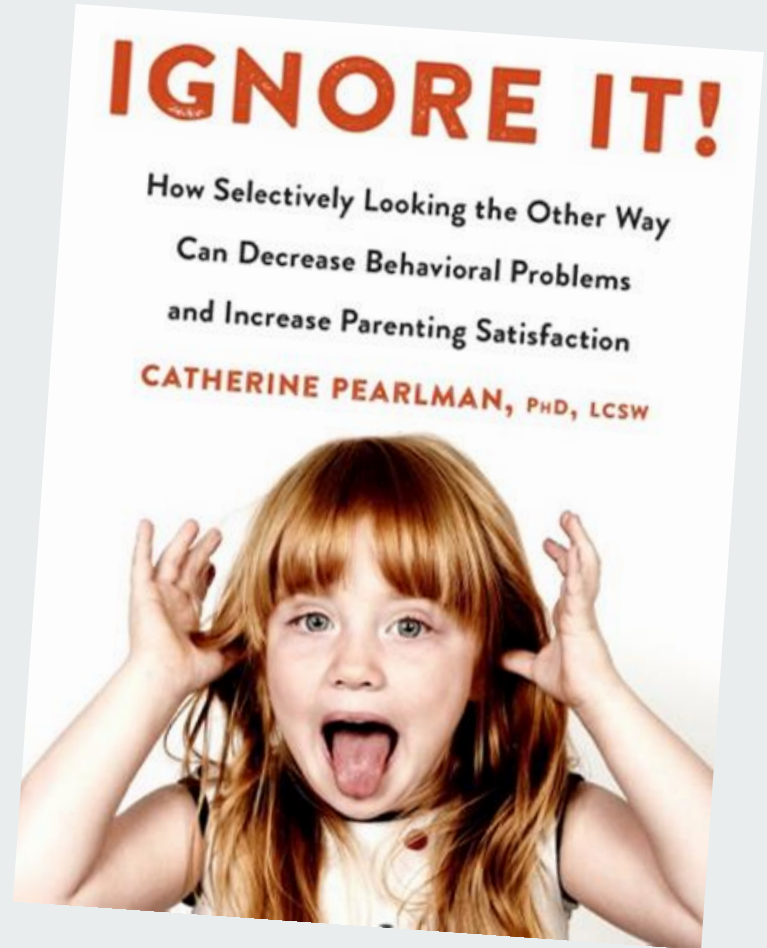
# Why Me?

LCSW

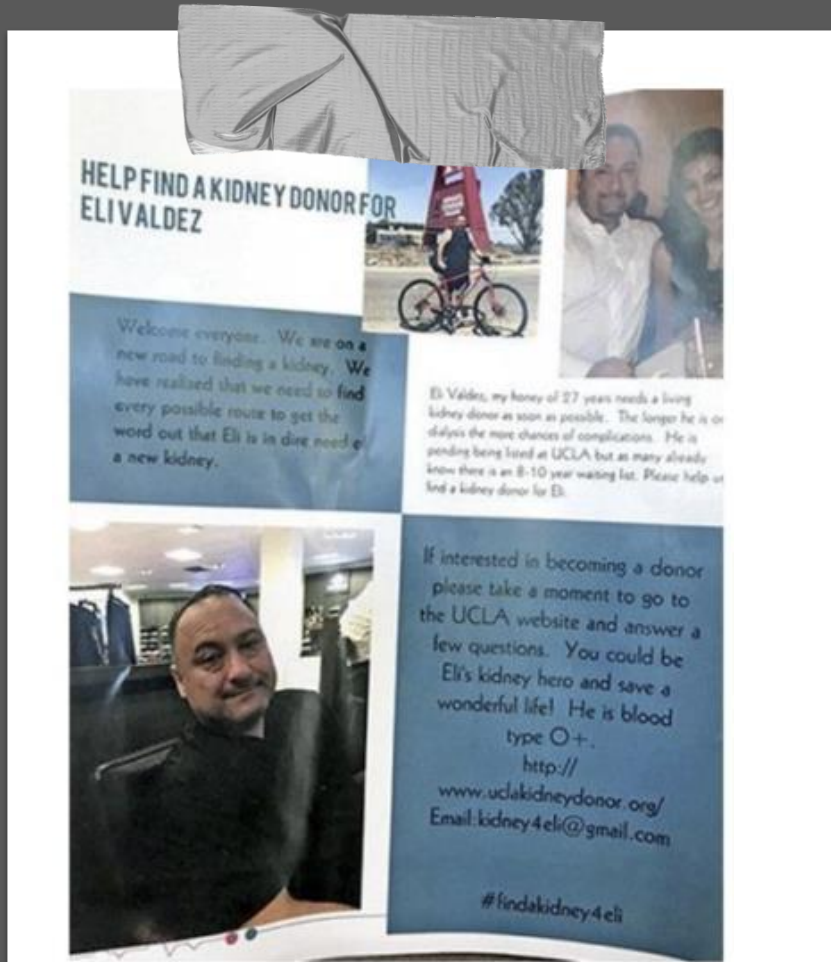
The Family Coach

Ignore It

Starbucks



# It all started at Starbucks





# Owner Story

Catherine Pearlman





## Empathy

Ability to understand the **feelings** of others.

Be aware of, sensitive to how others are feeling.

# Interesting Research on Kindness

Free money  
\$5 & \$20, do  
you keep it or  
give it away?

One kind deed  
makes you happy.  
  
The happier you  
feel, the more  
kindness you share.

Kindness is  
contagious

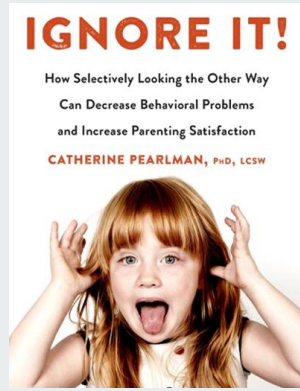
# Why cultivate **KINDNESS**?

**CULTURE:** A set of beliefs or values of a particular group

**KINDNESS:** A quality of being generous, considerate and friendly

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Behavior that has  
a **REWARD** will  
be repeated





A close-up photograph of a notebook cover. The cover is dark blue with horizontal lines. On the left side, there is a crocheted heart in light green and yellow. The heart has a decorative knot at the top. The notebook's spine is visible on the left, showing cursive letters F, G, H, I, J, K. The top and bottom edges of the notebook show cursive letters: c, d, e, f, g, h, i, j, k, l, m, n, o, p on the top and L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z on the bottom. On the right side, there are two pencils: a white one and a blue and white striped one with the word 'Kite' on it.

# Make Kindness a Schoolwide Priority







MAKE  
THINGS  
HAPPEN

**In the classroom:**

**Kindness  
Assignments**

**Class service  
projects**



## Good Deed Log

Make it an assignment

Keep a record

Share kindness in class

Awards for most good deeds

make  
kindness  
the norm.♥





## Reinforce Kindness

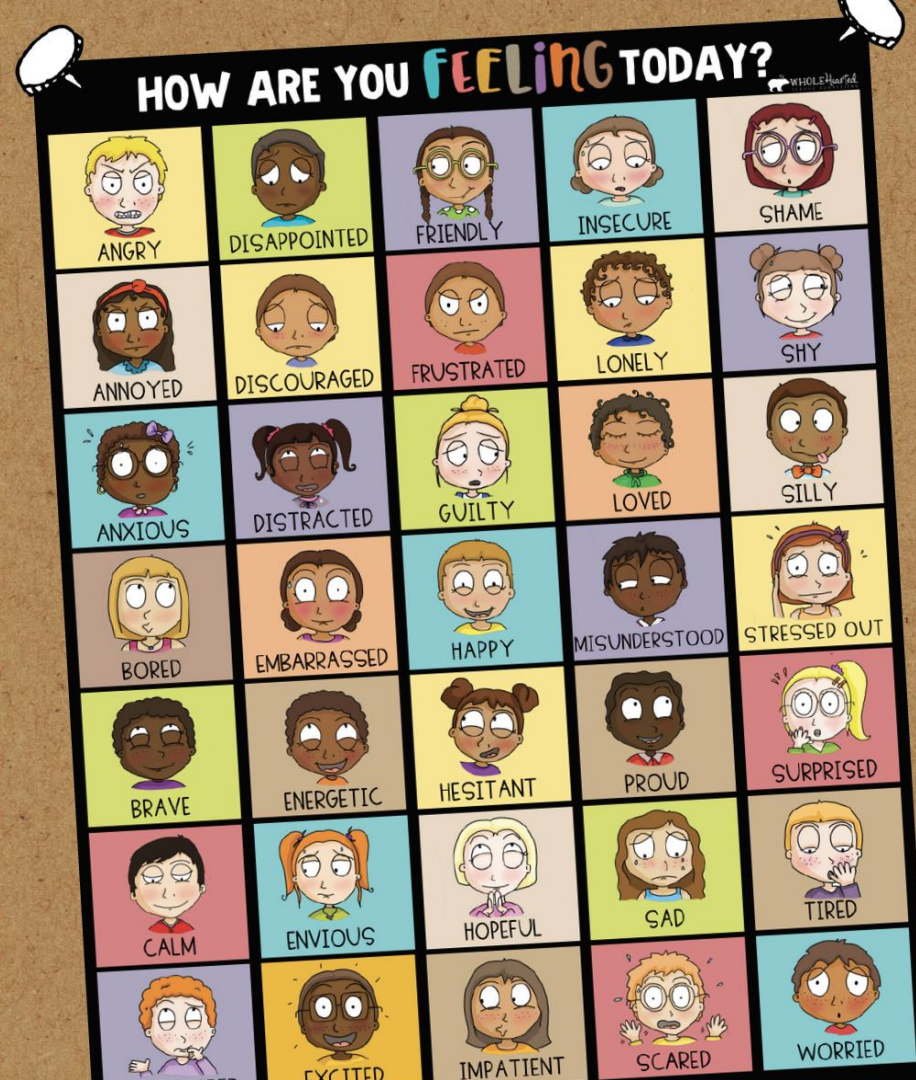
Kindness awards

Daily kindness announcement

High five, handshake, pat on back

Talk about  
feelings...  
a lot

Source: Teacherspayteachers.com



# Give Examples

Source:  
thepathway2success

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## I Can Show Kindness!



<p>Let someone else go first</p>	<p>Give a kind compliment</p>	<p>Say "good morning!"</p>	<p>Say "hi" to someone</p>	<p>Tell someone "thank you"</p>
<p>Share with someone else</p>	<p>Offer to help someone out</p>	<p>Invite someone to join you</p>	<p>Give someone a high-five</p>	<p>Write a compliment list about yourself</p>
<p>Ask someone how they are</p>	<p>Work with someone new</p>	<p>Hold the door open</p>	<p>Do an extra chore</p>	<p>Forgive someone for a mistake</p>
<p>Help clean up</p>	<p>Spend time with a friend</p>	<p>Write a kind note</p>	<p>Help someone having a tough day</p>	<p>Just listen to a friend</p>



# Give Examples

Source:  
randomactsofkindness.org

# JANUARY 2021



SUN	MON	TUE	WED	THU	FRI	SAT
<p>DECEMBER</p> <p>S M T W Th F S</p> <p>29 30 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31 1 2</p> <p>3 4 5 6 7 8 9</p>	<p>FEBRUARY</p> <p>S M T W Th F S</p> <p>31 1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p>	29	30	31	NEW YEARS DAY 1	2
<p>Create a care bag for an unhoused person with some gloves, scarf, treats, hygiene products and a gift card.</p> <p>3</p>	<p>TRIVIA DAY 4</p> <p>Gather a group of friends online for a fun game of trivia.</p>	<p>NATIONAL BIRD DAY 5</p> <p>Spent the afternoon in nature bird watching.</p>	<p>6</p> <p>Make an appointment for an annual checkup with your doctor and dentist.</p>	<p>7</p> <p>Participate in a coat drive and place encouraging notes in the coat pockets.</p>	<p>8</p> <p>Share your career goals with your supervisor or a colleague.</p>	<p>9</p> <p>Collect baby clothes and supplies and donate to new parents who need them.</p>
<p>10</p> <p>Spend time with your family or friends playing board games, sharing laughs and creating memories.</p>	<p>11</p> <p>CLEAN YOUR DESK DAY</p> <p>Organize and clean your office today, kicking off the new year with a fresh start.</p>	<p>12</p> <p>Place positive body image quotes in pockets at a department store.</p>	<p>13</p> <p>MAKE YOUR DREAMS COME TRUE DAY</p> <p>Make a list of goals to accomplish that will help make your dreams come true.</p>	<p>14</p> <p>Donate interview appropriate clothes to disadvantaged individuals entering the workplace at dressforsuccess.org</p>	<p>15</p> <p>NATIONAL BAGEL DAY</p> <p>Show appreciation! Bring a variety of bagels to work for your team to enjoy.</p>	<p>16</p> <p><b>FREE DAY!</b> Live your passion.</p>
<p>17</p> <p>Surprise your local cashier with a flower bouquet and thank them for all their hard work.</p>	<p>18</p> <p>MARTIN LUTHER KING DAY</p> <p>Reflect today on how you can make a positive difference in the world.</p>	<p>19</p> <p>NATIONAL POPCORN DAY</p> <p>Have a movie night at home with popcorn.</p>	<p>20</p> <p>Donate shoes, boots and warm clothes to a local shelter.</p>	<p>21</p> <p>Donate to a charity that helps protect endangered species.</p>	<p>22</p> <p>Plan a neighborhood clean up day &amp; encourage everyone to pick up around the community.</p>	<p>23</p> <p>Volunteer to feed the hungry at a shelter or assist in a local food drive.</p>
<p>24</p> <p>Start a healthy routine.</p>	<p>25</p> <p>COMPLIMENT DAY</p> <p>Give at least three compliments out to strangers.</p>	<p>26</p> <p>Write encouraging letters to friends, family and acquaintances who could use an uplift.</p>	<p>27</p> <p>Bake a chocolate cake to enjoy.</p>	<p>28</p> <p>Fulfill an item on a strangers Amazon wishlist (teachers, foster kids, etc.)</p>	<p>29</p> <p>Listen to an inspiring podcast.</p>	<p>30</p> <p>Plan a spontaneous date with your partner doing things you both love.</p>
<p>31</p> <p>HOT CHOCOLATE DAY</p> <p>Enjoy your favorite cup of hot chocolate with those you love.</p>	1	2	3	4	5	6



# Model Kindness

Let the students see adults  
acting kind to each other



Make it fun.

Don't give up.





# Resources

[Randomactsofkindness.org](https://randomactsofkindness.org)

<https://ripplekindness.org/>

<https://www.good-deeds-day.org/>

**For me:**

<http://thefamilycoach.com/>  
[@thefamilycoach](#)