

**TIPS & TOOLS FOR SCHOOLS AND GROUPS:
MAKING RANDOM ACT OF KINDNESS DAY WORK IN THE CLASSROOM**

There are 7 school days left before Random Act of Kindness day on Friday November 6th. We've compiled some tips and suggestions to help you create a meaningful experience for your students.

STARTING NOW:

- download and print a free poster (info below) to decorate your classroom
- begin talking with students, asking "what is kindness", "what does kindness look like", "have you ever been kind to someone?", "has someone ever been kind to you?"
- have a "kindness quote" read every morning during school announcements, counting down the days until Random Act of Kindness Day on November 6th. For quote ideas click on the link below
- email us today to request your "pass it on" kindness cards that you can use next week

ON THURSDAY NOVEMBER 5th:

- **print out** the classroom resource materials for tomorrow's activity:
- Kindness Story Starters: The layouts provide a space for students to draw a picture, as well as write a short description. Story themes include: Superhero of Kindness, A World without Kindness, My Story of Kindness, Kindness: How Can I Help
- Colouring Cards: print two-sided on card stock and fold. Students will colour the card and write a note of encouragement or kindness inside. Students can decide who to give the card to, or the teacher can deliver to a seniors residence, hospital or other community group

- Encourage literacy with colouring bookmarks: This design contains 4 bookmarks per page. Students are encouraged to colour and write the name of their favourite book and give to a friend.

ON FRIDAY NOVEMBER

6th: RANDOM ACT OF KINDNESS DAY ACROSS CANADA

In addition to utilizing the colouring cards, bookmarks and story starter templates, some other suggestions could be:

- Ask students to brainstorm how people could show kindness to each other. For a list of 101 kindness ideas, click on the link below.
- Play a compliments game. Students list positive traits and positive comments are shared. For full instructions click on the link below, and find "School Resource Kit"
- For older students, conduct a research study on kindness. Develop research questions, tally and graph the responses and share your findings. For full instructions click on the link below and click on "School Resource Kit"
- Origami game for kindness: make a list of ways people can show kindness. Students can use those suggestions to create the folded origami game. For more detail click the link below and select "School Resource Kit".
- Hand out a "pass it on" kindness card and allow students to pick who they will surprise with a Random Act of Kindness when they go home this weekend. Maybe it's a card or chocolate left on their mom's pillow, with the kindness card left as the only clue. Or perhaps they can secretly make their sister's bed and leave behind the kindness card as a clue.

ALL MATERIALS MENTIONED ABOVE ARE AVAILABLE FOR FREE DOWNLOAD

AND PRINTING AT: www.guelphcf.ca/CommunitybrInitiatives/RandomActofKindness.aspx

FOLLOW UP

We would love to hear from you! We will be sharing stories of kindness for the entire month of November. Please tell us how you made kindness come alive in your classroom! Please email Lianne Carter at lcarter@guelphcf.ca

If we can assist you in any way, please let us know.

Let's get caught in the act of kindness on Friday November 6th!!!



Random Act Of
Kindness Day®

SHARE THE KINDNESS ON SOCIAL MEDIA

FRIDAY
NOV 6
2015

#RAKGuelph