

Jerabek Kindness Week October 16th-20th



Esteemed teachers and room parents,

As we prepare to kick off our first of three **Jerabek Kindness Weeks** this school year, we'd like to encourage you to incorporate some of these easy, quick and fun kindness activities into your classrooms. Our goal is to create and sustain a culture of **KINDNESS** at Jerabek where students treat themselves, peers, teachers, their families and the environment with care and compassion. In this packet, you'll find:

- Kindness Week bracelet red/green/white - one for each student and teacher.
- One sheet of Kindness cards to be given to students by you as they're "caught being kind"
- A Random Acts of Kindness classroom activity
- A Lovingkindness meditation and links to YouTube videos
- 50 acts of kindness list to share with your class (maybe copy and give out?)
- Additionally, our library has a great set of KINDNESS books pulled out for your use this week!

Get Caught Being Kind cards around campus - How it works

Your students can "get caught being kind" by their peers, other teachers, yard duty/lunch monitors, and parent volunteers. Throughout the campus, there are stations with "caught being kind" cards that your student may receive or choose to give to others when they witness a kind act. Those cards can be redeemed daily before or after school for a Kindness Jelly bracelet. Collect all the colors!

Friday October 20th is our Kindness Rally and Popsicle Dance party. Join us 2:15-2:45pm for a special program wrapping up the week. Please ask your student to wear their new Kindness Squad Jerabek tshirt (or any green shirt). Tshirts are on sale before and after school every Monday and Wednesday.

Thank you for ALL you do every day! Let's help Jerabek students to let their **KINDNESS** shine!



Acts of Kindness Ideas – How many can you do this week? This month? This year? Check off each as you go.

- 1) Give someone a complement today.
- 2) Help someone with a difficult task this week.
- 3) Do an unexpected chore for your parents this week.
- 4) Pick a flower and give it to a teacher or friend.
- 5) Tell someone how much you appreciate them.
- 6) Give a friend or family member you have not spoken to recently a call just to say hello.
- 7) Write a sweet surprise note to a friend or family member and leave it somewhere they will find it.
- 8) Ask a classmate if they need help with something.
- 9) Sit with someone new for lunch today.
- 10) Make a new friend this week.
- 11) Sign up to do some volunteer work at school or in your neighborhood.
- 12) Ask your teacher/parent/neighbor if they need something cleaned or a chore done and offer to do it.
- 13) If it's a hot day, give out free lemonade or cold water.
- 14) Bake something yummy and share it with your neighbors.
- 15) Ask your parent to help you sign up to do some charity work with an organization.
- 16) Collect used clothing from your friends and neighbors and donate them to a local charity.
- 17) Pick up trash when you see it lying on the ground and throw it in the trashcan.
- 18) Give a big smile to everyone you pass by at school today.
- 19) Say hello to everyone you pass by at school today.
- 20) Say thank you to someone who's made a difference in your life.
- 21) Bring a friend a treat or snack item that they love. Put a sweet note on it telling them how special they are to you.
- 22) Walk an elderly neighbors or friends dog for them.
- 23) Help others find the positive in things.
- 24) Teach a friend a new game at recess.
- 25) Write a thank you card to someone who has done something nice for you in the past and acknowledge their act
- 26) If you see police officer, firefighter, or military service member thank them for their service.
- 27) Collect food from your neighbors and friends and donate them to the local food bank or church.
- 28) Send someone an appreciation text and tell them something you like about them.
- 30) Listen, don't interrupt today.
- 31) Be kind to yourself, write down 3 to 5 things for which you are grateful for.
- 32) When people are gossiping about someone, be the first person to chime in with something nice to say.
- 33) Encourage someone to pursue their dream. Let them know they can do anything if they put their mind to it.
- 34) Teach a friend or family member something new today.
- 35) Invite a new friend over for dinner or lunch- check with mom or dad first 😊.
- 36) Prepare a package of food, blankets, or toiletries and put it in the car to give to a homeless person.
- 37) An act of kindness for mom and dad -clean up your room today without your parents having to ask you to do it.
- 38) Offered to make a simple meal for your family- call it the appreciation meal- it could be as simple as sandwiches.
- 39) On a posted note, write a note to a classmate telling them something you admire about them and leave it on their desk.
- 40) Tell a friend about a quality that you admire about them.
- 41) Say "I love you" to someone you love.
- 42) Be empathetic, really try to put yourself in the other person shoes. Especially someone who has hurt you.
- 43) Let your brother/sister or parents watch their show on the TV today.
- 44) At recess today, play a game your friend wants to play.
- 45) Do something nice for someone and don't tell anyone about it.
- 46) Absolutely no complain today!
- 47) Try to make someone laugh today.
- 48) Be inviting, invite others to play with you.
- 49) Be happy for others. Celebrate them and their accomplishments.
- 50) Spread the kindness! Let others know you were on a mission to spread kindness and they will be inspired to do the same.**

Jerabek Kindness Week October 16-20, 2017

Students: In the space below, draw a picture of what kindness means to you. It could be an act of kindness, a face of someone that did or received an act of kindness, or anything creative that represents kindness to you!

Teachers – post in your classroom, doors, wall board, or windows.

To me, kindness is...

My name is _____ Grade _____

Acts of Kindness - Kindness Week Classroom Lessons

What's Needed:

Kindness Video via SMARTBoard

Writing Paper

Lesson Details:

Watch the Kindness Video and reflect with students

Kindness week YouTube videos:

Kindness is a muscle <https://youtu.be/tP4gLX8FBDA>

Color your world with kindness <http://youtu.be/rweIE8yyYOU>

How to change the world with kindness <http://youtu.be/ju3ygNPFH98>

Kindness through their eyes <http://youtu.be/c7YW9cMQrw0>

Kindness matters <http://youtu.be/6GJicr8rNJw>

Sample Reflection Questions:

Did the acts of Kindness cost money?

Were the acts of kindness easy or hard to do?

Has anyone ever helped you with an act of Kindness? How?

How can acts of Kindness help us at school?

- With your students, create a list of acts of Kindness that anyone could do at school

- Provide students with writing paper

Students write one of their ideas down

Decorate with pictures or other symbols

Students can share their pictures if you have time

- Collect the papers and return to the teacher, compile the ideas into a class book

Students will be able to look through the ideas all year

Lovingkindness Meditation

Kindness Week Classroom Lessons

Discuss with the class:

*What do you think Lovingkindness means?

Lovingkindness is tenderness and consideration towards someone – be it yourself or others

*What is meditation? and Why is meditation good for you?

Meditation is thinking or reflecting on something in a focused manner.

A few of the many benefits of mediation are to reduce stress, promote relaxation and help control emotions. Meditation actually increases grey matter in the brain region responsible for emotional regulation! How cool is that?

*What is Lovingkindness meditation?

Lovingkindness is a meditation where we focus on nurturing compassion, kindness, goodwill, and love for oneself and others.

*Let's do it! Let's meditate!

Start by sitting or lying down in a comfortable position. Take a few deep breaths in and out. Breathe comfortably. Say these words to yourself:

May I let go of sadness and bad feelings.

May I be free from anger and pain.

May I be healthy, happy, and peaceful.

May I be filled with loving-kindness.

May I be at peace.

Continue to breathe. As you breathe, imagine that you're unleashing the power you have stored up inside of you to your family. The power comes from your heart. You're breathing out the warmth and glow to everyone you love in your family. Imagine their faces. Say these words to yourself:

I spread this loving-kindness out.

I send love to my family.

May they let go of sadness and bad feelings.

May they be free from anger and pain.

May they be healthy, happy, and peaceful.

May they be filled with loving-kindness.

May they be at peace.

As you breathe feel the love and kindness filling your heart. Imagine you are glowing with the energy of love. You will now spread this energy to your friends, classmates, and teachers. Say these words to yourself:

I spread this loving-kindness out.

I send love to my closest friends, to my classmates younger and older, to my teachers.

May they let go of sadness and bad feelings.

May they be free from anger and pain.

May they be healthy, happy, and peaceful.

May they be filled with loving-kindness.

May they be at peace.

Next, think about someone in school or a sibling that has perhaps made you feel bad. You have the power to warm their heart, too, and release this bad feeling. Say these words to yourself:

I spread this loving-kindness out.

I send love to someone who has once made me feel bad.

May they let go of sadness and bad feelings.

May they be free from anger and pain.

May they be healthy, happy, and peaceful.

May they be filled with loving-kindness.

May they be at peace.

Now, you are really going to see magical ability of love. Your loving energy travels like light—it travels fast, far and wide. With your power you're going to send love to everyone on Earth and then the entire universe. Say these words to yourself:

I send love now to all the people—Everywhere on Earth.

May they let go of sadness and bad feelings.

May they be free from anger and pain.

May they be healthy, happy, and peaceful.

May they be filled with loving-kindness.

May they be at peace.

(Pause)

May all beings in the universe be free from suffering.

Above and below, near and far, high and low,

May all types of beings: humans, animals, trees, birds, anything seen or not seen... all beings and creatures, with no exceptions...all be healthy, happy, and peaceful.

May they filled with loving-kindness.

May they be at peace.

Now, everyone to whom you have sent your love is sending their love back.

Say these words to yourself:

May I let go of sadness and bad feelings.

May I be free from anger and pain.

May I be healthy, happy, and peaceful.

May I be filled with loving-kindness.

May I be at peace.

*Take a moment of silence, then ask and debrief with the class about how they feel