

*Kindness*  
comes around  
full circle!



Student T-Shirt



Kindness  
Begins With  
Me!

Faculty T-Shirt



School Bullying  
Prevention  
Program

2016-2017

[www.CommunityKindnessMovement.com](http://www.CommunityKindnessMovement.com)



Kindness  
T-Shirt

**ORDER  
FORM**

School \_\_\_\_\_  
Teacher \_\_\_\_\_  
Student Name: \_\_\_\_\_

T-Shirts are 100% Cotton

Child XS (4-5) \_\_\_\_\_  
Child S (6-8) \_\_\_\_\_  
Child M (10-12) \_\_\_\_\_  
Child L (14-16) \_\_\_\_\_  
Child XL (18) \_\_\_\_\_

Adult SM \_\_\_\_\_  
Adult M \_\_\_\_\_  
Adult L \_\_\_\_\_  
Adult XL \_\_\_\_\_  
Adult 2XL \_\_\_\_\_ +\$2.00 More  
Adult 3XL \_\_\_\_\_ +\$3.00 More  
Adult 4XL \_\_\_\_\_ +\$4.00 more

SubTotal: \_\_\_\_\_ x \$4.50= \_\_\_\_\_ + extra \_\_\_\_\_ = \_\_\_\_\_

## PARENTS/SCHOOL FUNDRAISING FORM

Become a Sponsor for your child's school to help fund t-shirts.

*Sponsor 5 Students - \$22.50      Business Sponsor: \$250 min.*

*Sponsor 10 Students - \$45.50      (get your logo on the back of the t-shirts)*

*Sponsor a Classroom - \$112.50*

MAKE CHECKS PAYABLE TO: \_\_\_\_\_

[WWW.COMMUNITYKINDNESSMOVEMENT.COM](http://WWW.COMMUNITYKINDNESSMOVEMENT.COM)



Kindness  
T-Shirt

**ORDER  
FORM**

School \_\_\_\_\_

Teacher \_\_\_\_\_

T-Shirts are Pre-washed 100% Cotton

Child XS (4-5) \_\_\_\_\_  
 Child S (6-8) \_\_\_\_\_  
 Child M (10-12) \_\_\_\_\_  
 Child L (14-16) \_\_\_\_\_  
 Child XL (18) \_\_\_\_\_

Adult SM \_\_\_\_\_  
 Adult M \_\_\_\_\_  
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 Adult 3XL \_\_\_\_\_ +\$3.00 More  
 Adult 4XL \_\_\_\_\_ +\$4.00 more

SubTotal: \_\_\_\_\_ x \$4.50= \_\_\_\_\_ + extra \_\_\_\_\_ = \_\_\_\_\_

## Teacher Order Form

**Please fill out this order form for you and your students.**

We would consider ordering a size bigger for each student.

Students tend to grow throughout the year.

Please return to office.

[www.CommunityKindnessMovement.com](http://www.CommunityKindnessMovement.com)





Kindness  
T-Shirt

**ORDER  
FORM**

Faculty T-Shirts

School \_\_\_\_\_

Contact \_\_\_\_\_

T-Shirts are Pre-washed 100% Cotton

Adult SM \_\_\_\_\_

Adult M \_\_\_\_\_

Adult L \_\_\_\_\_

Adult XL \_\_\_\_\_

Adult 2XL \_\_\_\_\_ +\$2.00 More

Adult 3XL \_\_\_\_\_ +\$3.00 More

Adult 4XL \_\_\_\_\_ +\$4.00 more

SubTotal: \_\_\_\_\_ x \$4.50= \_\_\_\_\_ + extra \_\_\_\_\_ = \_\_\_\_\_

## School Faculty Order Form

**Please fill out this order form for you and your students.**

We would consider ordering a size bigger for each student.

Students tend to grow throughout the year.

Please return to office.

[www.CommunityKindessMovement.com](http://www.CommunityKindessMovement.com)



# September - KINDNESS WEEK

Kindness comes around **FULL Circle!**

## "Kindness Begins with Me!" Program

### Step #1

Fill out our online application.

### Step #2

Establish funding for your entire school and staff to receive Kindness T-Shirts.  
(Contact for pricing)

### Step #3

During the first week of school, distribute the Kindness T-Shirt Order Forms to all Teachers. Make a master school t-shirt order copy to email to the CKM.

### Step #4

CKM will send out an invoice. Orders will be scheduled for printing once payment have been received.

### Step #5

CKM will call for local pickup or ship t-shirt orders once they are printed.



### Step #6

Make an Acts of Kindness School bulletin board for Kindness Week. For T-Shirt distribution, we highly recommend putting orders together by classroom and delivering them to the teachers by Friday. On Monday, (the first day of Kindness Week) the teachers will distribute the t-shirts after viewing the Kindness Video.

### Step #7

Distribute Kindness Week Parent Flyer and Acts of Kindness Calendar the Thursday before celebrating Kindness Week.

### Step #8

Introduce the Kindness Week daily themes and challenge your students. Help establish a habit in wearing the Kindness T-shirt, by reminding your students to wear them every Thursday. This habit will help parents to remember to dress their kids in their Kindness T-Shirts for every 3rd Thursday for Kindness Day. The more your school use the t-shirt, the more students you will empower to be KINDNESS LEADERS!

### Step #9

See you again next year!

Help spread the word and encourage other schools to join in our the Community Kindness Movement!



# KINDNESS WEEK

(school)

is celebrating a Kindness Week!

**SEPTEMBER 19TH-25TH**

Sponsored By:  
Community Kindness Movement

## ATTENTION PARENTS:

We are excited about the  
**Kindness Begins with Me Program**

Kindness T-shirts will be  
distributed to every student  
**THANK YOU SPONSORS!**

We invite your children to wear their  
Kindness t-shirts on **Thursday** of each week.  
We will use the t-shirts as a learning tool  
throughout the year in creating a better and  
safer learning environment for our students.

Every 3rd Thursday  
of each month is **Kindness Day!**



Locally Produced in Idaho Kindness Video

## MONTHLY KINDNESS DAY

EVERY 3RD  
THURSDAY

EACH KINDNESS DAY  
WILL HAVE A THEME,  
ACTIVITY, OR  
DISCUSSION.

KINDNESS T-SHIRTS  
ARE WELCOME  
EVERY THURSDAY,  
DON'T FORGET TO  
WEAR THEM ON  
EVERY 3RD  
THURSDAY, ON  
KINDNESS DAY!

## KINDNESS WEEK SCHEDULE



**MONDAY, SEP. 19TH**

**KINDNESS BEGINS WITH ME! T-SHIRTS**

Student will watch a Kindness Video

**Acts of Kindness Challenge - "Mix-It-Up Monday"**

Example: Sit by someone new at lunch.

Have a sit-down dinner with your family

**TUESDAY, SEP. 20TH**

**LIKE A SMILE - ACCESSORIZE WITH KINDNESS**

**Wear Yellow:** Earrings, scarf, hat, belt, etc.

**Acts of Kindness Challenge - "Tell Them Tuesday"**

Example: Give 10+ Compliments

**WEDNESDAY, SEP. 21ST**

**KINDNESS BEGINS WITH ME! T-SHIRT**

**Acts of Kindness Challenge - "Wow Wednesday"**

Give a smile, share a pencil, make someone feel special, etc.

**THURSDAY, SEP. 22ND**

**"I SPY" SIMPLE ACTS OF KINDNESS**

**Hide your yellow:** socks, eye shadow, paper clip in pocket, ponytail holder, etc.

**Acts of Kindness Challenge - "Thank you Thursday"**

Examples: Write Thank You notes to sponsors, teachers, bus drivers, etc.

Send a Kind-Gram (\$0.50 each - fundraiser for Kindness Awards).

**FRIDAY, SEP. 23RD**

**KINDNESS BEGINS WITH ME! T-SHIRT**

Kindness Week Assembly

**Acts of Kindness Challenge - "Friendly Friday"**

Examples: Be a good friend to everyone, befriend someone, call a friend.

[www.CommunityKindnessMovement.com](http://www.CommunityKindnessMovement.com)



# Community Kindness Week

## ACTS OF KINDNESS CHALLENGE

September 19th-25th

**KINDNESS**  
*it comes around  
full circle!*

### **Meal Monday-**

Eat lunch with someone new. Sit down as a family for dinner and plan your acts of kindness.

### **Tell Them Tuesday-**

Say nice things to people you see, give compliments and praise.

### **Wow Wednesday-**

Make someone's day by leaving an anonymous gift (candybar, note, flower, etc.) or do an act of service.

### **Thank You Note Thursday-**

Write & give a thank you note to someone you appreciate, but don't tell often.

### **Friendly Friday-**

Introduce yourself to someone new or talk to someone you see every day but don't usually speak to.

### **Smile Saturday-**

Smile at as many people as you can throughout the day. Try to get them to smile back.

### **Say "I love you" Sunday-**

Tell your family and those closest to you, how much they mean to you and that you love them.

[www.CommunityKindnessMovement.com](http://www.CommunityKindnessMovement.com)





## KINDNESS VIDEO

Available on our website



## KINDNESS ASSEMBLY IDEAS

Available on our website



Other videos and resources available at  
[www.CommunityKindnessMovement.com](http://www.CommunityKindnessMovement.com)



*October*

Kindness is a SUPER POWER!



Celebrate October Kindness Day by inviting your students and staff to wear their Kindness T-Shirts or to dress up like a super hero.

Reminding them to:



Make KINDNESS your own  
SUPER POWER!





November

# GIVE A PAT ON THE BACK

Each day we should reach out and touch someone.  
Everyone needs a friendly "Pat on the back".

To practice our kind actions and words of encouragement, students can give their classmates a "Pat on the Back"!

Give each student the opportunity to do this for another classmate. Give each student a piece of paper and ask the class to trace their hand on to the piece of paper or you can use the Turkey pdf. that we have attached. Go around to each student and secretly give them a name of a student in their class. Their job is to write the student's name in the palm of the hand they had drawn or on the Turkey print out. Then they need to write 5 kind things about that person on each finger. When they were done ask them to cut out the Turkey or hand. Then they can give it to the person they wrote about and tape it on their back. Soon you should see your classroom fill with faces of smiles.

HAPPY KINDNESS DAY!



*November*

# GIVE A PAT ON THE BACK

We are THANKFUL for YOU because:



We are *Thankful* for

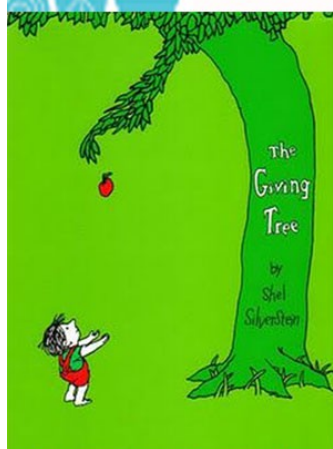
\_\_\_\_\_ because:





# December

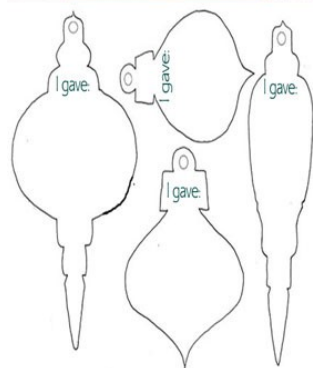
Giving hope  
and joy to others in need



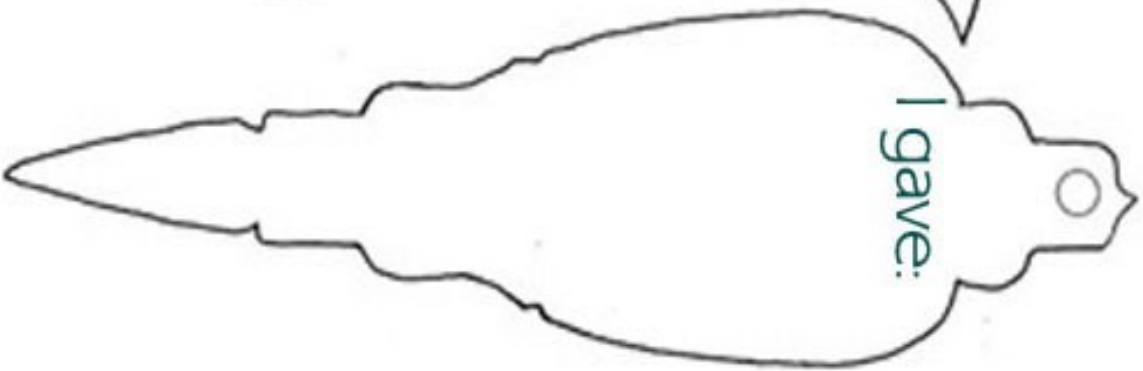
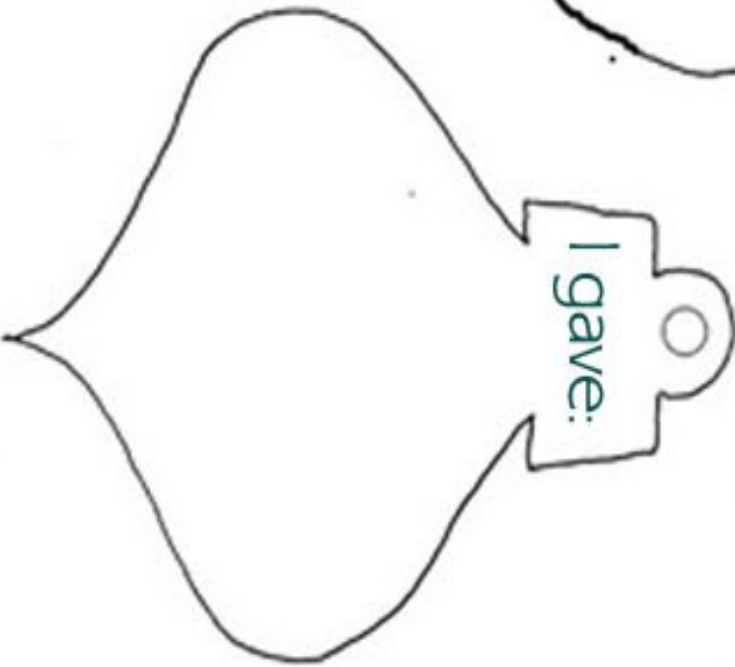
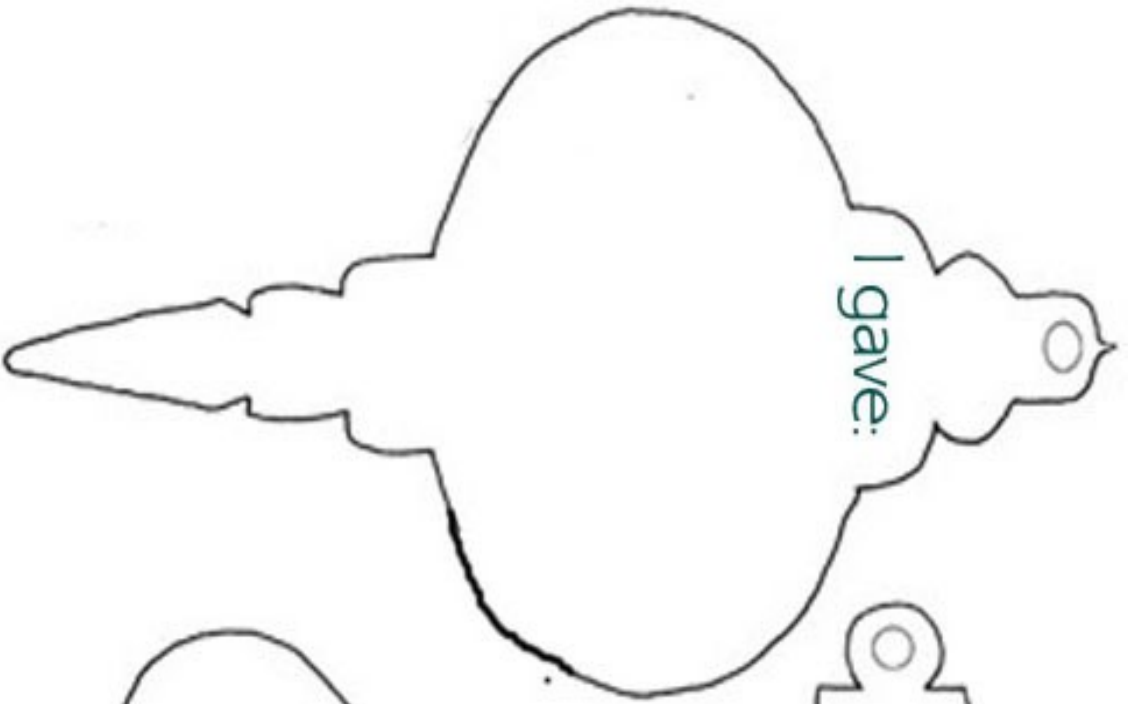
Many schools already have a holiday service project that they do. December is a perfect month to do it! Service is a great way for your students to practice doing kind acts by choosing to give to others.

## **KINDNESS DAY ACTIVITY:**

- \* Have your school set up a Christmas Tree or make a Christmas Tree display on a bulletin board or each teacher can choose to decorate their own classroom doors with a tree.
- \* Make copies of the Ornament pdf. and cut enough out for each student in your classroom.
- \* December is a great month to introduce the book, "The Giving Tree". This book is best to be read at the first of the month. Discuss the book with your students or have your school's librarian read it to them and discuss it.
- \* Challenge your students to get involved in a school service project or come up with their own way give to others.
- \* Mention that on Kindness Day that each of them will get the opportunity to decorate and to write down what they gave on an ornament. The ornaments will then be handed out and Kindness Day and will be displayed for all to see.



*Happy Giving*





# January We are **Bucket Fillers!**



Kick off the first of the year by challenging your entire school to be

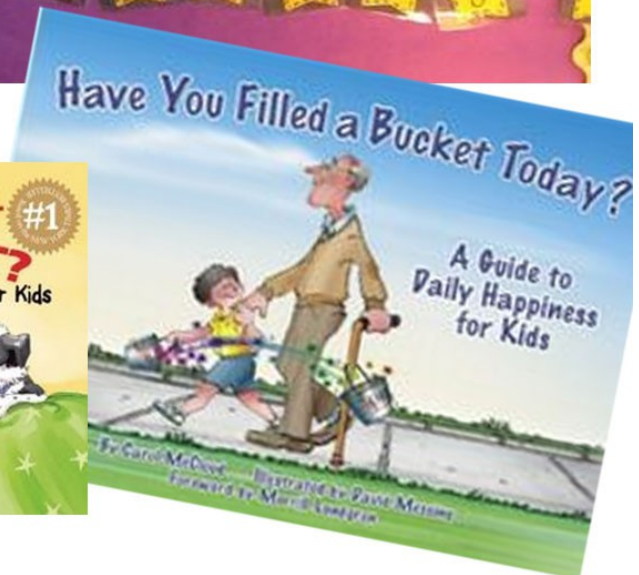
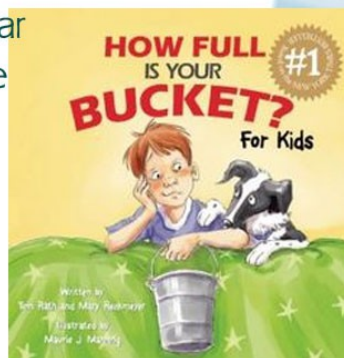
## **"Bucket Fillers".**

Your school librarian can read these books and explain the monthly theme during library time.

Teachers can have a

classroom bucket. When they see students being "bucket fillers"

the teachers award the student with a fuzzy ball (warm fuzzy). The classrooms that fill their buckets by Kindness Day are give a Classroom Kindness Party or a reward of the teacher's choosing





February

## Kindness gives us a Healthier Heart!

**Kindness**  
PRODUCES OXYTOCIN INTO OUR  
BODIES GIVING US A



**HEALTHIER**  
*Heart*

Acts of kindness are often accompanied by emotional warmth. Emotional warmth produces the hormone oxytocin in the brain and throughout the body. Of recent interest is its significant role in the cardiovascular system.

Oxytocin causes the release of a chemical called nitric oxide in blood vessels, which dilates (expands) the blood vessels. This reduces blood pressure and therefore oxytocin is known as a 'cardioprotective' hormone because it protects the heart (by lowering blood pressure). The key is that acts kindness can release oxytocin and therefore kindness can be said to be cardioprotective.

Challenge students to perform acts of kindness. Hand out pre-cut paper hearts to the students that perform kind acts. Have the students fill out their heart and add it to a school bulletin board for your HEART ATTACK WALL. Do this during the entire month of February. Each Thursday in February randomly select a few hearts from the wall. Reward these students with heart suckers.

Name:

Act of Kindness:





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

Act of Kindness: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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

Act of Kindness: \_\_\_\_\_

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

Act of Kindness: \_\_\_\_\_

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

Act of Kindness: \_\_\_\_\_

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\_\_\_\_\_



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

Act of Kindness: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# *March*

## I'M LUCKY BECAUSE:

Make copies of our Printable Shamrock pdf. on green paper or cut Shamrocks out as part of your classroom art project.

Have each student fill out the reason why they are  
**"LUCKY".**

This activity helps remind the students how important it is to acknowledge the individuals who bless their lives or to help them recognize the things that they are blessed to have. Hang the shamrocks in the hallways for the month of March to celebrate St. Patrick's Day!







# April

## I can be KIND to the Earth



Discuss with your class why it's important to take care of the earth and ways that we can personally do our part in keeping our earth beautiful.

### ON KINDNESS DAY:

Challenge your students to pick up trash on the playground at recess on Kindness Day.

I can pick up trash.



1

I can ride my bike instead of riding in the car.



6

### DURING APRIL:

Have each student plant a seed in a cup and take care of it through the month of April. In May, have them take the plant or flower home to give to their mothers for a Mother's Day Gift.

I can plant a tree.



5

I can turn off the light when I leave a room.



2



Kindness is

Spread  
your  
smile!

*Contagious*

May  
Your day be full of  
SMILES!

## Activity:



Make SMILE Posters for your school. We made two sets for our school. Have students arrive early to school and have them hold up the posters while other students arrive. The teachers can distribute SMILEY FACE stickers to each one of the students at the beginning of the day to remind all the students that a simple smile can make a world of difference!

**ONE SMILE** by Cindy McKinley, is a wonderful book to read to your students that shows the results of serving others. It helps start a discussion on how kindness performed comes around "full circle", just like our 2016-17 Kindness T-Shirt design shows.

### *One Smile*

a story that shows the effects of kindness



a definite family favorite  
that will prompt many discussions