

School  
Kindness  
Day Themes



*"It Just Takes a  
Simple Act of  
Kindness!"*

The gift of kindness can  
start as a small ripple  
and in time  
can turn into a  
tidal wave  
affecting many lives!

Let's start a

*Tidal Wave*

*Mrs. Pocatello*  
Melissa Nelson

# Monthly Kindness Day

## Annual Planning Ideas



### **Announcement Recommendation**

Before each Kindness Day, have your school send out a parent's email/text reminding them that Kindness Day is the next day and to have their kids wear their “Yellow” Kindness T-shirts or to wear the color “Yellow”. Then let them know the theme for Kindness Day and any other announcements you may have to create excitement for Kindness Day. If your school is holding a contest, that would be a good time to announce it. Also, in your school calendar, make sure you mark Kindness Day and in the weekly letters that are set out by the teachers to parents.

### **Kindness Day Contests**

I recommend holding a contest so students wear their Kindness T-shirts or wear the color yellow to school that Kindness Day:

- \* Each class wearing yellow or their Kindness T-shirts can go first to lunch that day in their grade.
- \* Those students get a “Catcha being Kind” and put into a drawing
- \* I am sure you all possibly have reward programs in your schools that you can tie to those that would be age appropriate.

### **When is Kindness Day?**

For the Pocatello/Chubbuck School District, Kindness Day is every 3<sup>rd</sup> Thursday. Celebrating Kindness Day the same day as the community will allow your students to feel involved with the rest of the community. Wearing their Kindness T-shirts on the same day will help create unity in your school, but also out in the community. It’s all about sending the message to all our kids, that no matter what school they go to, that they all can come together and be part of something bigger than themselves. You can choose another day in your school that works best for you, but I highly recommend participating in the community effort. We have planned this day around the CAKE awards that is presented on that day to spotlight a student that is making a difference. Schools with Kindness T-shirts, I recommend wearing them every Thursday to create a habit for the students and to help create a reminder for parents. This will get more of your students in Kindness T-shirts on the 3<sup>rd</sup> Thursday for Kindness Day.

# Kindness Day Calendar 2015-2016

## Every 3<sup>rd</sup> Thursday

**September - Kindness Week Sept. 21-27th**

**October 22nd**

**November 19th**

**December 17th**

**January 21st**

**February 18th**

**March 17th**

**April 21st**

**May 19th**

### **September - Bullying Prevention “Kindness Week”**

Kindness Week Planning Packets are available on my website at [www.MrsPocatello.com](http://www.MrsPocatello.com). Feel free to contact Melissa at [MrsPocatello@gmail.com](mailto:MrsPocatello@gmail.com) to inquire about T-shirt ordering, button ordering, Kindness Week Assembly and/or Video. Acts of Kindness Calendar Challenge are a huge part of this week to teach students and challenge them to be Kind each day of the week.

### **October - Give your friends a “Pat on the Back”**

To practice our kind words of encouragement give all students a "Pat on the Back"! Cut out a hand print and tape them on the back of each student or locker for secondary schools. Have the students write nice things about each other on each finger (5 things). Cut out the school hands in “Yellow” paper.

### **November - “Give a Kind Meal”**

Have the students bring (1) or more cans to school on Kindness Day and give it to the Idaho Food Bank, or you can do a “Give Kindness Drive” where you sponsor any other non-profit organization that is in need.

## **December - Give the Grinch a Heart!**

Make a large sized Grinch. Have students write “Act of Kindness” they saw performed by other students on hearts to give the Grinch a heart. Maybe you can get a staff member to come dressed as the Grinch for a holiday party or have the classes perform Kindness to win a viewing of the movie.

## **January - We need 8 to live, 12 to thrive! HUGS**

“FREE Hug” Kindness Day. We all feel at times like we need therapy, when really all we need is a HUG. The goal is to get 12 hugs that day to THRIVE! Every 30 minutes you can announce on the intercom “Hug (1) person” or you can do this as a morning exercise to have the kids hug at least 12 people before they start the day. Whichever way you want to do it. You can establish a “Free Hug” time limit. Trust me, it’s fun for the kids and it makes up feel good.

## **February - “Kindness Heart Attack”**

Cut out hearts, each student will write something kind and they will heart attack each other's door. To keep it organized and fair, each grade will decorate their grade only, in a rotation. We will assign each teacher a classroom door to decorate. Your school could also sponsor another “Kindness Week” during the week of Valentine’s to tie in LOVE and KINDNESS and have them wear Yellow every other day for Kindness, Red for LOVE.

## **March - “Make them feel Special” Day**

Have the students send out a “Special” invite to someone in their home or out in the Community. Invite them to come the morning of Kindness Day. Have the student introduce them to your class. Have them write a special note to this person beforehand and have them read it out loud to the person and the class and then give the note to them. Make sure you give them a “BIG Hug” or “High Five” for coming! It always feels good to make someone feel loved and special.

## **April - “SMILE, it’s Kindness Day!”**

Have the PTA/Student Council/Councilors make “Yellow” Smiley faces and put them all over the school. Number the smiley faces. When students in your school are caught by staff or teachers smiling, they can tell them to go out in the hall or on your door and grab a smiley face. At the end of the day, the principal will call out a few smiley face numbers and give out rewards. I know these are most elementary age based. Please have your staff or students come up with ideas for the theme that will best suit your school.



## May - BE KIND to our Earth/Neighborhood!

Students can pick up trash around the school grounds during recess or you can dedicate time for teachers to take their classes outside and teach a Kindness lesson about being Earth Friendly. Another idea is to plant a sunflower (Yellow) in a cup at the beginning of May, so they can take it home on Kindness Day in May to plant in their yards. You can tie Sunflowers into this month since they are “Yellow” and by spread Kindness we are spreading a light to lift others, which cause natural growth in all of us.

### Kindness Day Themes:

All these themes are recommendations. They were planned to help establish Kindness Day in your schools each month to give the reminder to Bullying Prevention. These are all just ideas - your school is more than welcome to take ideas from these and plan your own by your grade levels or ages. I recommend having the Student Councils getting involved in planning your Kindness Day in the Middle Schools and High Schools. Bringing the student influence into the theme to get them all on board and inspire your students to become Kindness Leaders in your school.

Put together some Kindness Day contests! We do have available Kindness Day Buttons that you can order at [www.MrsPocatello.com](http://www.MrsPocatello.com). You could use them to for contest prizes or to give out at Kindness Week Assemblies. The buttons go on their book bags. We also can make key chains for the High School Students, if interested.



### **Community Kindness Movement**

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