GLOBAL BILINGUAL ACADEMY KINDNESS ACTIVITIES PACKAGE

ACADEMIC YEAR 2019 – 2020

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1. Introduction

At Global Bilingual Academy, we strive to ensure a safe and happy environment where our students and our staff feel valued and supported. Six years ago, to ensure this happy and safe environment, GBA established a zero tolerance policy for bullying, through our mission and actions.

Part of our mission statement is to:

> Provide a learning environment that is safe, orderly and positively geared to making students feel valued, challenged, supported and encouraged to pursue self-discovery and become lifelong inquiry-based learners.

Our plan to uphold this policy:

- Strong, consistent and effective discipline rules and procedures
- Administration, teaching staff, support staff reinforce, model and support zero tolerance policy for bullying
- Developing a positive school climate by modeling kindness and caring and providing support to all staff, students and parents.
- Yearly Kindness Month

Kindness is associated with warmth, care, concern and friendliness. Kindness is also associated with weakness. **However, it takes strength and courage to be kind.** This is our message to our students in this sixth year at GBA: **Be a Buddy, Be Kind! We want to encourage students to do one kind action a day!**

Follows the year by year history of Kindness (previously anti-bullying) at GBA.

Year 1 – 2014 – 2015:

- Students educated to differentiate between 'Buddy' and 'Bully' behaviors

- Student made anti-bullying posters and slogans visible around the school
- Common gesture and word to stop bulling developed among students, teachers, parents and staff: "Hand stretched, palm up and say "Stop".
- Our chosen school slogan:

"BE A BUDDY NOT A BULLY"

Year 2 – 2015 – 2016

- October is Anti-bullying month.
- Daily classroom activities supporting school values of tolerance, respect and friendship, included in teachers' newsletters and lesson plans.
- An activities package was shared with the whole staff.
- The story of "One" was read to all classes.
- Class visits to reinforce the concepts learned and enroll a student 'Task force' were made. Students who stood up to bullies got to wear an 'Anti-bullying" T-shirt for that day in their classes. They were the Anti-Bullying police
- A guest speakers came to the speak to the students
- Students showcased what they have learned during a general assembly.

Year 3- 2016-2017

This year saw more students' involvement. In addition to classroom activities, guest speakers, selected students visited other classes and spread anti-bullying awareness by giving 5-minute presentations to other students. During the general assembly

- Grade 3 presented a video about bullying
- Grade 5 presented a PowerPoint presentation about Cyberbullying

Grade 5's work was selected to be included in the Kuwait First Conference for Protecting Children from the Risks of Social Media Activities organized by the Ministry of Education on 21st -23Rd March 2017. Our students presented a short skit at the conference.

Year 4 – 2017 – 2018

Year 4 saw the change from Bullying to Kindness. Anti-bullying awareness was stressed among the students, parents and staff. Equally, "KINDNESS" was promoted in our words and actions!

Year 5- 2018-2019

In year 5, we are done with Anti-Bullying. We changed from Anti-bullying to Kindness. Our goal was to show actions and words promoting Kindness. Activities in classes, during morning assembly and posters around the school celebrated Kindness month, in addition to guest speakers and volunteer parents and staff reading "Have you filled your bucket today?" among other books.

2. YouTube Video List:

1. Being kind show respect: https://www.youtube.com/watch?v=TmRjyQlWyQg

2. Being kind – no bullying: https://www.youtube.com/watch?v=SnGP0dAm5JI

3. A small act of kindness: https://www.facebook.com/watch/?v=2342756922714906&external_log_id=7de32f339b84cb29bddd142b12bb37de&q=be%20kind

4. A short story on kindness must see :https://www.youtube.com/watch?v=8Wi0UWLeT9I

5. Life Lessons sharing and respecting others: **https://www.youtube.com/watch?v=YNOnFsnjYhY**

6. Circle of Kindness: https://www.youtube.com/watch?v=fD-LKmOl4Kk

7. Smile! Kindness Animation Happiness: https://www.youtube.com/watch?v=cGDfXjamCsA

8. All about kindness (song about kids doing good deeds): https://www.youtube.com/watch?v=1yLg1nPua0k

9. The Science of Kindness: https://www.youtube.com/watch?v=O9UByLyOjBM

10. مسلسل فواز ونورة - الحلقة 03 - الإحسان
https://www.youtube.com/watch?v=t9Noxyf56Nw

11. https://www.youtube.com/watch?v=Tr7o2I0BKAE&list=RDTr7o2I0BKAE&start_radio=1
ماهر زين اعمارنا اعمالنا

12. https://www.youtube.com/watch?v=BFgHwJQxwIo صور الاحسان بالعربي

13. Random Acts of Kindness
https://www.randomactsofkindness.org/the-science-of-kindness

14. Color your world with Kindness
https://www.youtube.com/watch?v=rwelE8yyY0U

15. Kindness is cooler Ms. Ruler
https://www.youtube.com/watch?v=et4KluESo0o

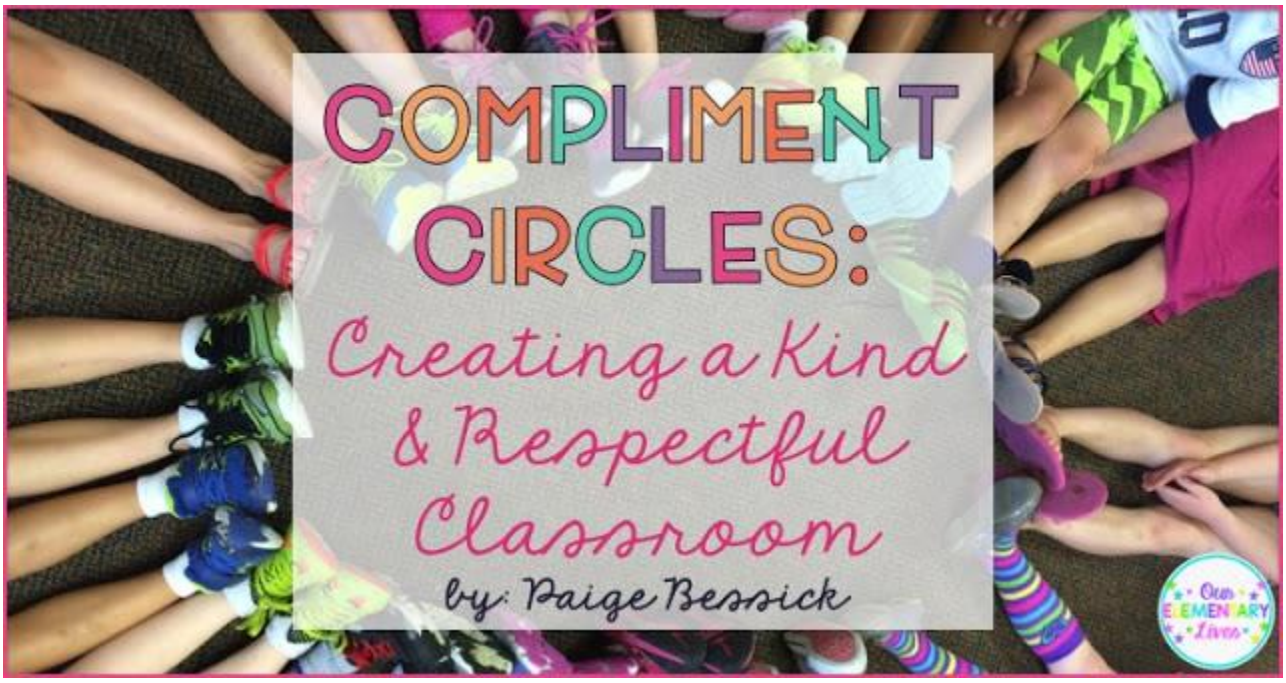
3. Suggestions for Kindness Activities

3.A. Classroom activity ideas:

- **Create their own be kindness bracelets**
- **Classroom puzzle**
  - ➔ Each student has a puzzle piece that they decorate with encouraging kind words. The whole class completes the puzzle together.
- **Secret mission**
  - ➔ Give each child a secret mission on a paper that they need to complete by the end of the day. Example: hide a kind note in someone's bag.
- **Compliment booklets**
  - ➔ Students write a kind word each day for a month on each other's booklets. Decorate however way they please.
- **Feeling Kind**
  - ➔ Each student draws on a paper what they think kindness means, or how it makes them feel when someone is kind to them.
  - ➔ Draw a picture of a kind act for the person sitting next to them
- **Shirt kindness**
  - ➔ Each student brings in a white shirt and they write on each other's shirts kind words.
- **Catching kindness**
  - ➔ Assign 3-4 catchers. The rest of the class sticks KIND labels on their back. The teacher asks the catchers to catch the word 'helpful' for example. The 3 catchers need to catch as many kind words per time to create a team of kindness.

3.B. Compliment Circles: Creating a Kind & Respectful Classroom

- ➔ Compliment circles are one of our favorite activities and probably one of the most important things I do in my first grade classroom. They teach my students how to give and receive compliments as well as create a classroom of respect and kindness. Keep reading to see how you can transform your classroom into a compliment giving, respectful and kind classroom.



➔ **What Is It?**

➔ A compliment circle is an activity that teaches students how to give and receive compliments. Essentially, the idea is that in a compliment circle every student will give a compliment to one classmate and every student will receive a compliment from another classmate.

➔ **How To Do It**

➔ To start a compliment circle, everyone, including the teacher, sits in a circle with their legs stretched out, like the picture above.

➔ Once you have your circle ready, ask for a volunteer to start. That person picks a classmate, says their name nice and loud so everyone can hear and then gives them a compliment. The friend who received the compliment says "Thank you!" and then pulls their legs up to sit criss-cross applesauce. That way the class knows who still needs to receive a compliment. You could also have students put a thumb on their knee, but that can get hard to see, so I do the legs. After that, you go around the circle, until everyone has given and received a compliment.

Tips & Tricks

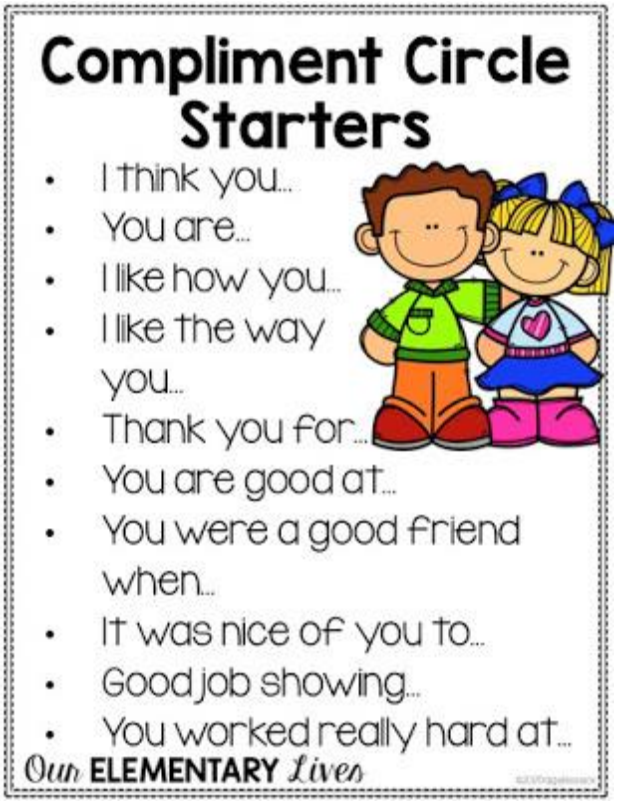
➔ Before I introduce the compliment circle to my class, we talk a lot about what a compliment is. I teach them that it is something nice you say about someone and that it's really important to be sincere. And yes, we have to talk about what it means to be sincere or genuine. We also talk about the rules from the beginning.

➔ The first time we do a compliment circle, we start by complimenting each other's clothes, yes it's a little superficial, but students begin to learn what a compliment is. We use the sentence starter "I like your..." Students then fill in the sentence. "I like your blue shoes." "I like your pretty purple dress."

Once students understand that a compliment is telling someone something nice about them, we move away from compliments about their clothes and move onto compliments about things they are good at. This is usually the second or third circle we do, depending on how long it takes them to get the first compliments down. This time we use the sentence starter, "You are good at..." Students say things like, "You are good at reading." "You are good at soccer."

The final step, by our fourth or fifth circle, I let the students come up with compliments on their own and that's how we continue for the rest of the year. I do have the rule that is cannot be about their clothes anymore. Those compliments are too easy. I want students to really think about their classmates and come up with something they know they do well, something they saw them do that was kind, or some time when they noticed they were working really hard. Throughout the week, I give reminders that they should be looking for good things their friends are doing so they have some ideas for compliments when we do our next compliment circle.

➔



➔ You will have the students who seem to give the same compliment as someone before them, give a compliment to the same friend every time, or just can't come up with something nice to say. To help these situations, if they come up, I will compliment students who choose new friends, give a truly sincere compliment, or make the rule that it has to be someone that isn't their best friend. I'm sure you can come up with other ideas on how to alleviate these situations when they come up, because you know they will.

We talk a lot about finding nice things to say and that it's always possible to find something, you just have to think hard enough!

4. Kindness BINGO game and other class activities

HELLO YOU!!
YOU LOOK LIKE SOMEONE SPECIAL ♥. SO SPECIAL
IN FACT WE WANT YOU TO TAKE A COMPLIMENT BELOW BECAUSE
YOU DESERVE IT. CHOOSE WHICHEVER ONE YOU LIKE, THEY ALL
APPLY TO YOU AND ARE ALL MEANT FOR YOU.
KEEP IT TO YOURSELF OR PASS ON THE KINDNESS AND
TAKE ONE AND GIVE IT TO A STRANGER ♥.
TAKE ONE
YOU CAN DO IT
YOU ROCK
IT'S NICE TO BE KIND
THANKS FOR ALL YOU DO
YOU'VE GOT THE MAGIC
THANKS FOR BEING YOU
YOU DID YOUR BEST
YOU'VE GOT THIS
YOU ARE LOVED
WWW.PROPERPOST.CO.UK | #30DAYSOFKIND

I can be
KIND
by...
saying nice things to others
smiling
being happy for others
encouraging my friends
offering to help
sharing and taking turns
caring about others
listening when others speak
using good manners
© Kathleen Albani

30 Acts of Kindness Challenge

Being Kind Counts

1) Give three compliments to strangers
2) Give three compliments to people you know
3) Donate an item to someone in need
4) Leave your favorite book somewhere with a note for someone to enjoy it
5) Leave flowers or a note on someone's car telling them to have a nice day
6) Pay for the car behind you in a drive through
7) Thank a soldier, police officer, firefighter
8) Smile at everyone you see
9) Make dinner for a friend for no reason
10) Write a letter to someone important to you and thank them
11) Take someone's shopping cart inside the store for them
12) Donate food to the food bank
13) Write a letter to someone serving in the military (find address)
14) Volunteer doing something
15) Go through your closet and find things to donate
16) Do something nice for your neighbor
17) Bake cookies and drop them off at friends or local police or fire station
18) Spend all day only saying kind things
19) When you are going on an errand ask a friend if they need you to pick up anything
20) Spend all day having kind thoughts
21) Offer to watch a friend's kid or pet
22) Hold open a door for someone else
23 Donate to your favorite charity
24) Leave coupons you won't need at the store.
25) Do a random act of kindness
26) Take a minute to tell someone's boss they are doing a great job
27) Flush a toilet that is full of poo in a retail store, (not sure about this one)
28) Smile, just because and make sure you are looking at a person.
29) Place .25 in a purse you are looking at in a store, it will be a treasure to the next person
30) Give a gift card to the church donation basket

Kindness...
A good thing to share!
Hold open a door for someone. Clean up a Neighbor's yard.
Listen. Hold a hand.
give a flower. Visit a friend smile. SAY THANKS.
Send a card. pay for a meal. Give a compliment.
Do a favor. give up your seat.

5-Posters and Coloring Activities

Kindness is Sweet!
How can you sprinkle it?
treat others nicely
use words to solve problems
cooperate
use kind words
get along
respect
be nice
responsible
share
be caring
pick new partners
think about others
be a good listener
Keep others happy
manners
keep your friend
be friendly
include
trustworthy
be kind
help others
don't touch others
giving
do your best
make new friends
honesty
play with new friends
keep promises
make up with friends
be responsible
forgive
be understanding
compliments
hugs
Smile
listen
be genuine
offer to help
eye contact
tell jokes
listen
share

Coloring Page

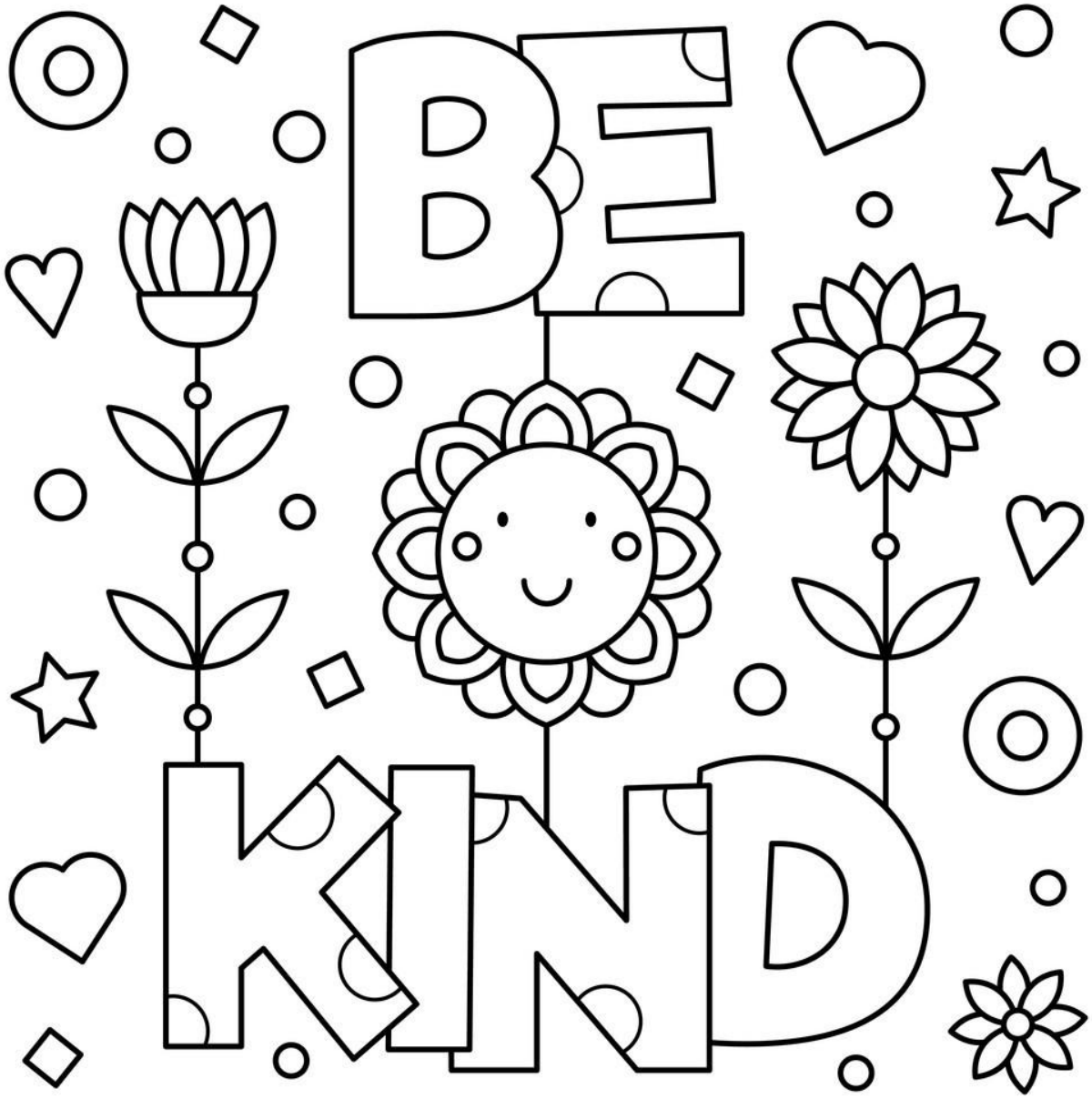
Being kind is doing and saying nice things to others.

Be ye kind one to another (Ephesians 4:32).

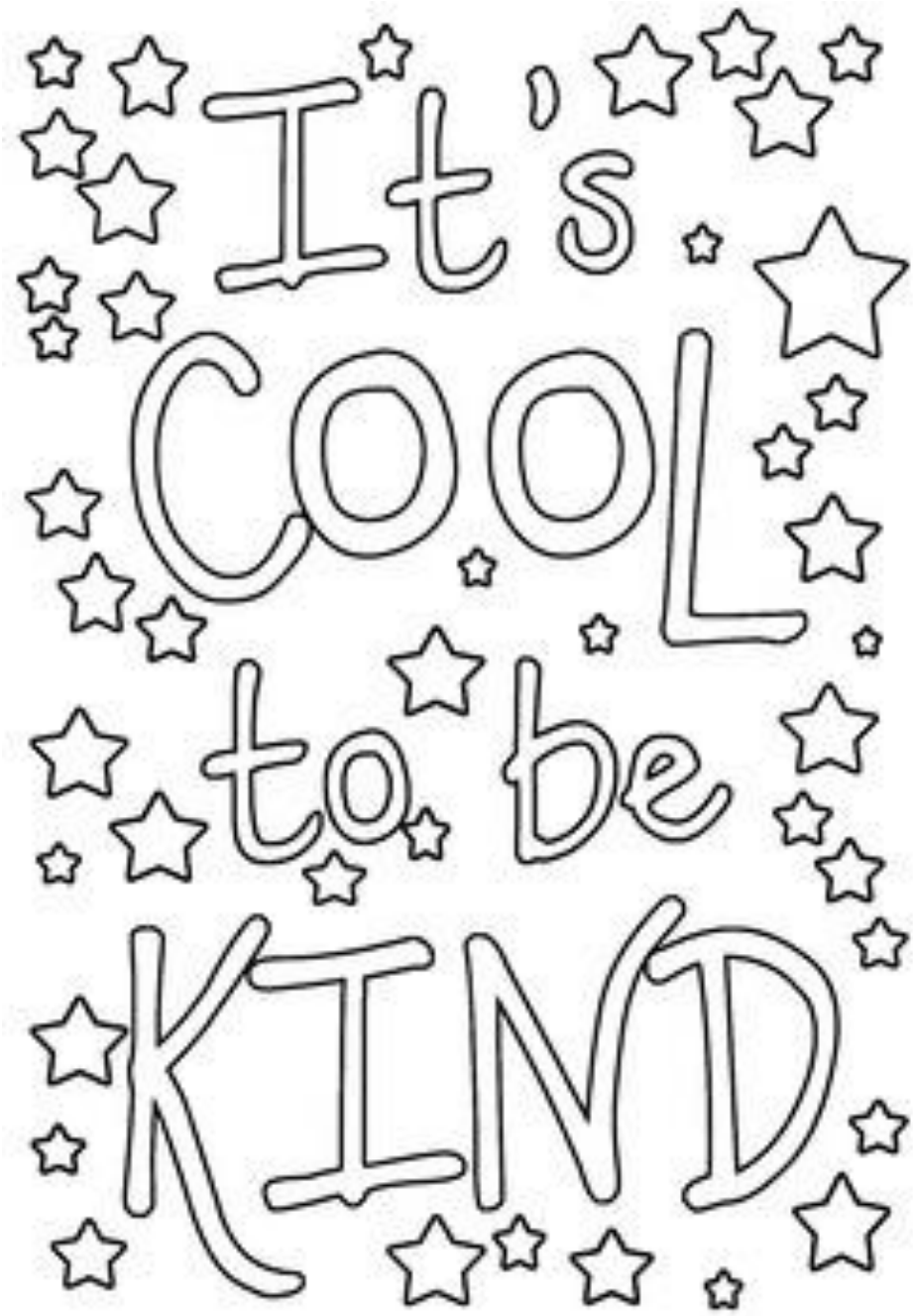
ILLUSTRATION BY JARED BECKSTRAND

July 2012 43

Kind
Unkind
helpful
high five
cooperation
safe hands
teamwork
sharing
kind words
honesty
hurting
bothering friends
not listening
teasing
unsafe hands
unkind words
saying "no"
unsafe feet
SHOP.YOUAUT-AKNOW.COM
kindness
SORT
free!


BE
KIND

CHOOSE
KINDNESS


It's
COOL
to be
KIND

WE are
Kind to
one another

T·R·E·A·T others
as YOU want
TO BE TREATED
Doodle Art Alley ©

Before you speak:
THINK
T = Is it True?
H = Is it Helpful?
I = Is it Inspiring?
N = Is it Necessary?
K = Is it Kind?

KIND
IS
COOL

KINDNESS
changes
EVERYTHING

Throw
KINDNESS
like around
CONFETTI

IN A WORLD
where you can
BE ANYTHING
be kind