Global Bilingual Academy

Community for Lifelong Learners

SY 2021 – 2022

GLOBAL BILINGUAL ACADEMY KINDNESS ACTIVITIES PACKAGE

ACADEMIC YEAR 2021-2022

Global Bilingual Academy

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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 8th 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 gestures and words to stop bullying 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.

Year 6- 2019 -2020

Year 6, we saw more parent involvement in addition to school activities! Kindness competitions earned a T-shirt to students who demonstrated extra kindness! Middle school students taught kindness to KG students. Students created posters showing acts of kindness and they were posted around the school.

Year 7- 2020-2021

Year 7 was a difficult year as the school year was fully online due to the pandemic. However, kindness never stops at GBA. In February, we did a Kindness week where parents, students and teachers demonstrated enthusiasm and exceptional creativity to show kindness to others even though they were not in the same physical space. Social media messages, pictures on Instagram, virtual meetings were used to show that kindness is in the heart and it can be shared in many different ways, virtually and in person.

Year 8 – 2021-2022

Year 8, we are back to school, with post-covid restrictions. This year, Kindness Month will have several activities for parents, students and teachers. These activities have been adapted according to the Ministry of Health’s requirements.

2- Kindness Activities Schoolwide and by Department

- **All School**
  - Suggested list of videos to show in class – This list is divided by department in Arabic and in English
  - Kindness Box Activity for teachers and students. Teachers / Students write anonymous kind messages and put these messages in the box. At the end of Kindness month, the box is open and messages are nicely collated on a poster, laminated and put in front of reception for teachers, and classes for students.
  - Best Mask Decoration Competition:
    - Students - Students work on their masks at home. Parents can help. Pictures of the masks will be taken and uploaded for online voting. Students will vote on one mask per class. 67 winning masks across the school will be photographed and posted on instagram.
    - Teachers: decorate and wear your mask - anonymous voting for best mask.
  - Short class activity on being kind. Bring awareness on empathy and being kind
    - Examples:
    - Is there someone that I can be kinder to today?
    - How would you feel if someone said something unkind to you?
    - How would it feel if someone was unwilling to share with you?
    - What would your feelings be if there were no one to play with?

- **KG students:**
  - Kindness T-shirt: Each KG class is given one T-shirt where each student will write/draw a kindness message. The T-shirt will be framed and posted in front of each class
  - Prizes: Students who use good manners and show kindness will receive special prizes (kindness buttons, stickers, pencils, a T-Shirt)
  - During Art: make a mask with a smiley face or a kindness message. Wear it or Give it to a family member
  - During Art: make a kindness message to our nurses, our secretaries, our nannies.

- KG parents: record their children's acts of kindness and send their videos so it can be posted on GBA Instagram during kindness month.

- **Elementary Students**
  - **Grades 1 -2:** Make a mask with a smiley face or a kindness message. Wear it or Give it to a family member
  - Kindness class puzzle: A poster is cut in pieces and given to students to write and/or draw kindness messages. The teachers glue the pieces back together completing the puzzle.
  - Color kindness posters / Do your own kindness posters
  - Writing activity: Keys to kindness are...
  - **Grades 3-to 5:**
  - Counselor's activity: Kindness messages "Fill in the blank…"
  - Color kindness posters / Do your own kindness posters
  - Writing activity: Keys to kindness are...
  - Kindness Calendar: Fill in your Kindness calendar with random acts of kindness: be helpful - show others how valuable they are by the way you treat them - one act of kindness a day. Record it!
  - Read the book: "Have you filled your bucket today?" – Class activity: brainstorm on what actions are bucket fillers and what actions are bucket dippers. Cut out two big buckets, one bucket filler and one bucket dipper. Throughout the week/month, students write their own actions they think are either bucket fillers or bucket dippers on sticky notes and stick them in one of the two buckets. At the end of the week, the teacher reads the sticky notes in both buckets and asks students to self-reflect on their actions and how to be bucket fillers from now on.

- **Middle School**
  - Counselor's activity: Kindness role plays
  - **All school activities (see page 5)**
- **High School**
  - Debate around the topic: Should we show kindness to a bully? Explain why yes or why no.

- **All school activities (see page 5)**

3. YouTube Video List:

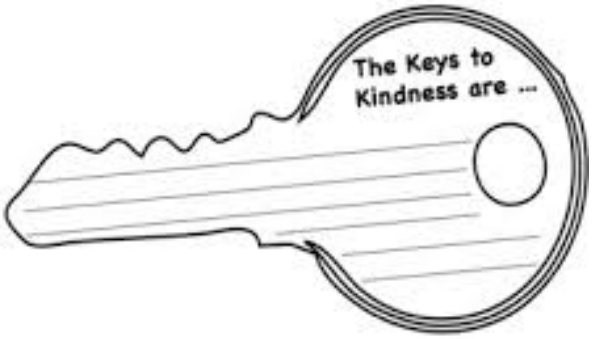
الإحسان	الاحسان.. تعليم للاطفال	الاحسان.. تعليم للاطفال - YouTube (3 min 5 s)
الإحسان	جزاء الإحسان	أحبتي الصغار	https://www.youtube.com/watch?v=El1rIftbZc0 (4 min 27 s)
الإحسان	قصة جميلة عن الاحسان و الصدقة.وهل جزاء الاحسان الا الاحسان.قصة رائعة	قصة جميلة عن الاحسان و الصدقة.وهل جزاء الاحسان الا الاحسان.قصة رائعة - YouTube (3 min 20 s)
الإحسان	الإحسان	الإحسان - YouTube (5 min 34 s)

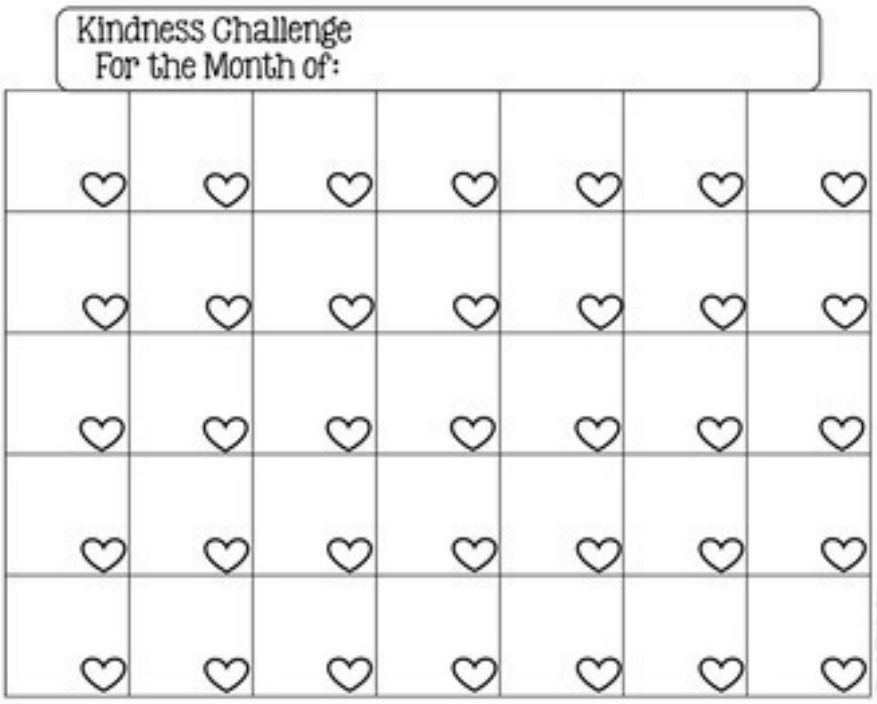
Elementary		
Lesson	How to Change the World With Kindness	https://www.youtube.com/watch?v=ju3ygNPFH98
Lesson	Kindness Snippet Jar by Diane Alber - Videobook For Kids	Kindness Snippet Jar by Diane Alber - Videobook For Kids - YouTube
Lesson	Why Be Kind?	Why Be Kind? - YouTube
Story	Guess How Much I Love You: Compilation - Fun with Little Field Mouse Part 1	Guess How Much I Love You: Compilation - Fun with Little Field Mouse Part 1 - YouTube
Story	A short story on - kindness must see	A short story on - kindness must see - YouTube
Story	a little spot of kindness	https://www.youtube.com/watch?v=PjLxmDujdxc
Story	Kindness start with you	https://youtu.be/YEQM0L0I3Ns

story	What does it mean to be kind	https://youtu.be/D2P-vuO6qYU
Story	a little spot of kindness	a little spot of kindness - YouTube
Story	Kindness Rocks by Sonica Ellis | Kids Books Read Aloud	Kindness Rocks by Sonica Ellis | Kids Books Read Aloud - YouTube
Story	Be Kind | A Children's Story about things that matter	Be Kind | A Children's Story about things that matter - YouTube
Short film	Sesame Street: Kindness | Elmo's World	Sesame Street: Kindness | Elmo's World - YouTube
Short film	25 Ways to be Kind! | Kindness For Kids | Random Acts of Kindness	25 Ways to be Kind! | Kindness For Kids | Random Acts of Kindness - YouTube
Song	Sesame Street: Try a Little Kindness (with Tori Kelly)	Sesame Street: Try a Little Kindness (with Tori Kelly) - YouTube
Activities	5 Creative Distance Learning Activities for Teaching Kindness	5 Creative Distance Learning Activities for Teaching Kindness | Ripple Kindness Project
Activities	Free social-emotional, kindness and mindfulness distance learning resources	Free social-emotional, kindness and mindfulness distance learning resources | Ripple Kindness Project
Activities	8 Fun Activities for Virtual Learning Meetings	8 Fun Activities for Virtual Learning | Infused Classroom (hollyclark.org)

Grades	Topic	Link	Time
Middle and High	The Science of Kindness	The Science of Kindness - YouTube	2 min 16 s
	The Science of Kindness	https://www.youtube.com/watch?v=SsWs6bf7tvI	4 min 37 s
	Why We Hug So Hard it Hurts | The Science of Happiness	Why We Hug So Hard it Hurts | The Science of Happiness - YouTube	5 min 50 s
	Kindness: The Ultimate Difference Maker (Middle School)	Kindness: The Ultimate Difference Maker (Middle School) - YouTube	11 min 56 s
	How You Treat People Is Who You Are! (Kindness Motivational Video)	How You Treat People Is Who You Are! (Kindness Motivational Video) - YouTube	3 min 56 s

4- Kindness Games, Posters and and Coloring Activities





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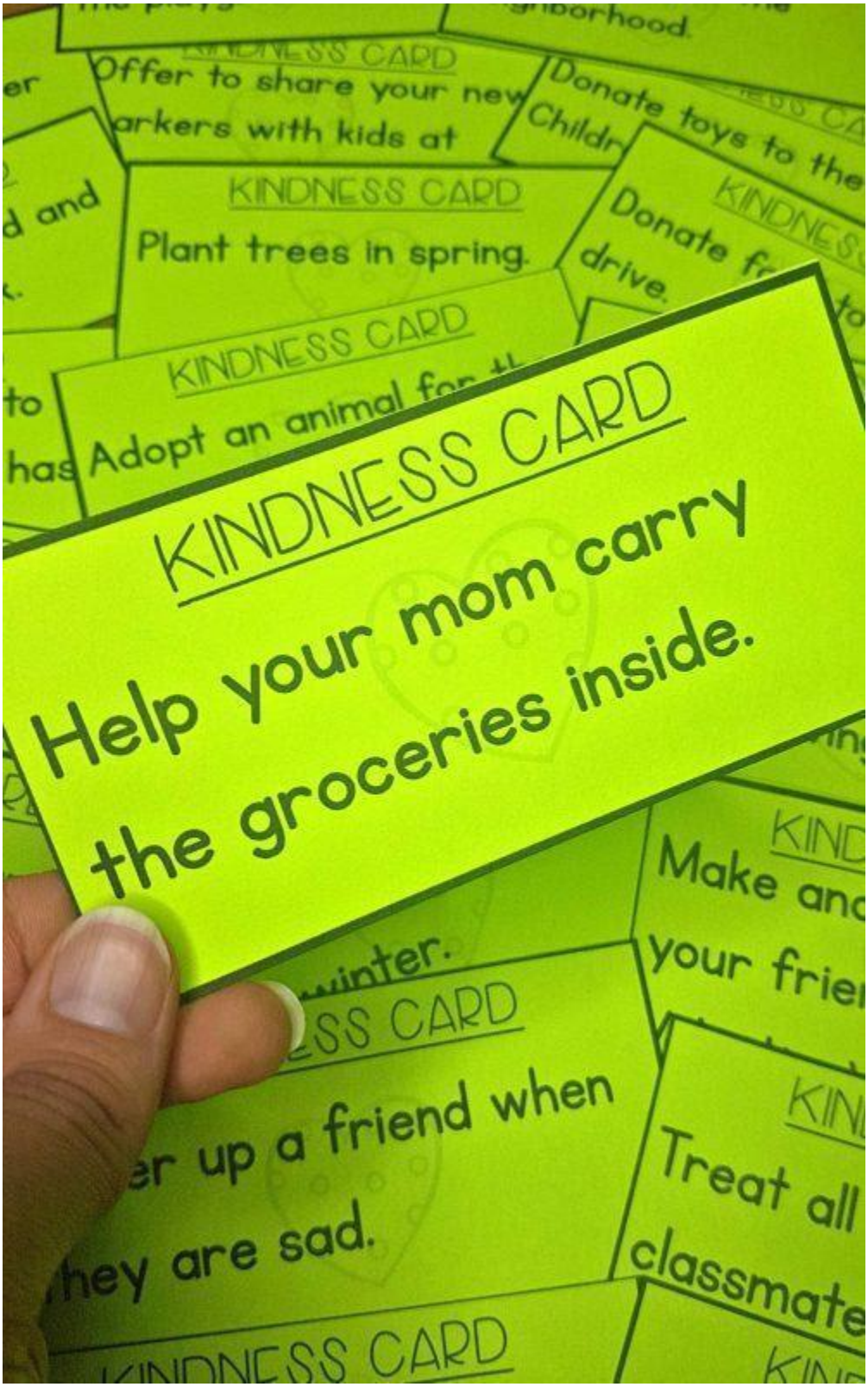


Kindness Recipe

1. Read the recipe, match, draw and colour.
2. Read and point.
3. Act.

1 CLEVER HEAD

2 WATCHFUL EYES

2 LISTENING EARS

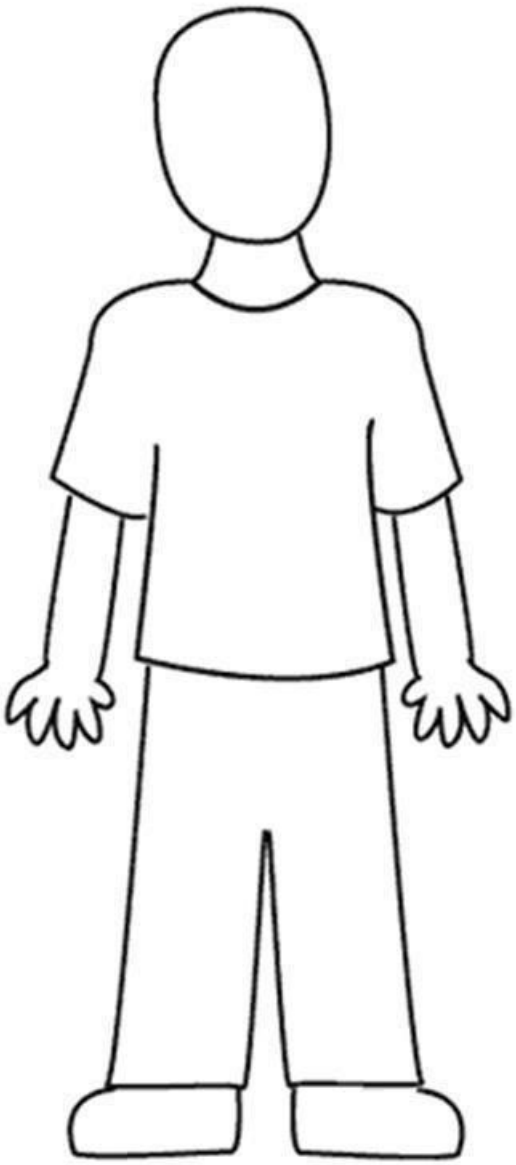
1 BIG SMILE

2 HELPING HANDS

2 READY FEET

AND…

1 LOVING HEART



iSLCollective.com

50 Meaningful Family Acts of Kindness that teach compassion.

DoingGoodTogether.org

In 5 minutes...

- Decorate a giving box to collect change for good.
- Set up a big-hearted mail center with our printable.
- Donate online to a cause you care about.
- Leave a book in a Little Free Library.
- Offer to pick up groceries for an ailing neighbor.
- Discuss big ideas with our conversation starters.
- Print and commit to our 30-Day Kindness Challenge.
- Share your story, and inspire others to do good.
- Sign up for Doing Good Together's newsletter.

In 1 hour...

- Hold family meetings, and set big-hearted goals.
- Create cheerful drawings for Color-A-Smile.
- Create pet toys for an animal shelter.
- Send notes to soldiers with Thanks a Million.
- Take a walk and clean up your neighborhood.
- Give the gift of recognition with DGT's award printable.
- Write cheerful poems for lonely neighbors.
- Create encouraging bookmarks to put in library books.
- Decorate lunch bags for Meals on Wheels.
- Donate kids' craft kits to a children's hospital.

In a few hours...

Daily...

- Ask "who have you helped today?" and "who has helped you today?"
- Discuss big ideas with our conversation starters.
- Read and discuss big-hearted books.
- Give a thank you card to a helper in your life.
- Keep a DIY kindness journal.
- Bike, walk, take a bus, or carpool if possible.
- Print big-hearted placemats for a family meal.

Monthly...

- Adopt a family through the Box Project.
- Share books pen-pal style with Family-to-Family.
- Make microloans through KIVA.
- Shop for and deliver donations to a food pantry.
- Visit a local nursing home and read to residents.
- Offer to babysit for a single parent.
- Start a kindness club to meet local needs.
- Read Doing Good Together's volunteer listings and choose a new service opportunity.

On holidays...

It's nice to be important,
but it's important to be nice!

KINDNESS
/'kʌɪn(d)nəs/ noun
1. Loaning someone your strength instead of reminding them of their weakness.
| TheMindsJournal
THE MINDS JOURNAL

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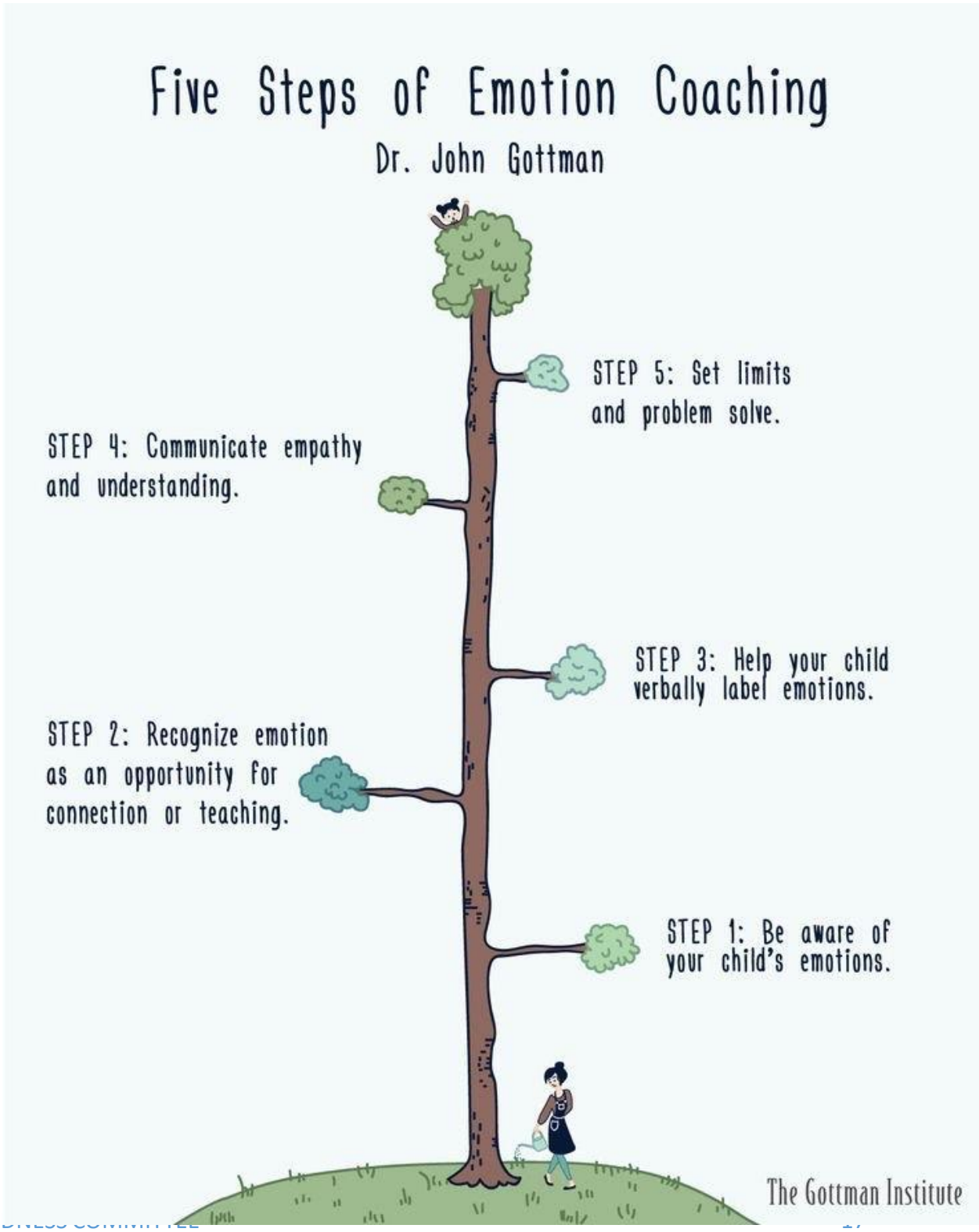
Five Steps of Emotion Coaching
Dr. John Gottman
STEP 5: Set limits and problem solve.
STEP 4: Communicate empathy and understanding.
STEP 3: Help your child verbally label emotions.
STEP 2: Recognize emotion as an opportunity for connection or teaching.
STEP 1: Be aware of your child's emotions.
The Gottman Institute

"KINDNESS IS FREE TO GIVE, BUT PRICELESS TO RECEIVE."
- RAKTIVIST
RANDOM ACTS OF KINDNESS FOUNDATION
www.randomactsofkindness.org
Kindness is a language which the deaf can hear and the blind can see.
Mark Twain
"Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate."
ALBERT SCHWEITZER
WWW.BEYONDTHESHOPDOOR.COM
look down
ybody unless
're helping
them up.
Jesse Jackson

IN A WORLD
where you can
BE ANYTHING
be kind