

Kindness CLUB



TO THE KINDNESS CLUB LEADER!

Wow! What a meaningful task you're taking on for your school! Our world needs so much kindness, and it might as well start in your school! We're so thankful you're leading your school's kindness club, and we hope to help you have all the resources you need to succeed at spreading kindness to the students in your community.

We've created this Kindness Club Starter Kit to get you started and help you carry out kindness at school for the rest of the school year. Feel free to use what you want in the binder and add anything your club would like to add.

This is all about you, your students, and the kindness dreams your club creates. This binder is just a place to get you started!

We wish you all the best as you start your club, carry out kindness, and see happiness and love go crazy at your school!

You've got this! We're cheering you on BIG TIME!



KINDNESS CLUB: CONTACT

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THE KINDNESS CLUB: WHY

- **Boosts confidence**
Children who are shy or lack confidence are surrounded and encouraged by others with a common goal. When their kind actions are rewarded by happy faces their faith in themselves and their abilities is given a boost. This increase in confidence means they're more likely to be willing to try something else that may be out of their comfort zone.
- **Improves concentration and academic outcomes**
Being part of activities that make them feel good and enjoying a sense of belonging fills children with positive emotions. This boost in happiness allows them to concentrate on the task at hand as their focus is not on worrying thoughts. Fewer distractions can also lead to improved academic outcomes.
- **Promotes inclusion**
Clubs of any kind help people feel as if they're part of something but a kindness club helps kids to feel connected to their peers in a special way. Doing good produces feel-good hormones and helps them to bond as they work on projects to make other people happy.
- **Reduces bullying**
Kids want to be around people who treat them with kindness and respect, and know what it means to be a good friend. Kind children are well liked, have more friends, are more included, feel better about themselves, and are therefore less likely to bully.
- **Enhances feelings of safety**
Children report that kindness clubs make them feel safe and welcome in a nurturing environment. They feel as if kids in the club "have their back" because they're all working towards the common goal of creating a positive school culture.
- **Improved school attendance**
Feeling welcome, safe and included means children want to come to school. They look forward to hanging out with other kind kids and feel proud and positive about their achievements.

KINDNESS CLUB: HOW TO START

1. Designate a leader or group of leaders!
2. Gather your students to be in the club!
3. Have your first meeting!
4. Name your club! Ideas: LARK Club (Little Acts of Random Kindness),
School's Name Kindness Club, Kindness is Cool Club, etc.
5. Start a list of Acts of Kindness the students want to do!
6. Start planning your first Kindness Project!

7. DO FIRST KINDNESS CLUB ACT!!

8. Keep a journal or notes on what you do, take pictures, and have fun being kind!



Be Kind!

**JOIN THE ALL NEW
KINDNESS CLUB!**



Do you enjoy
helping others?

Being kind?

Making others feel good?

Being in a fun group?



If so, you are needed to join
THE KINDNESS CLUB!



Dear Students,

We are contacting you from the Kindness Club here at _____ ! We are looking for kindness spreaders to join our team.

The Kindness Club is about making the world a better place by doing acts of kindness for others. If you would like to be a part of the club, please sign up with _____. We hope you decide to join the group, we need you!

Love,
The Kindness Club

KINDNESS CLUB: PROJECT IDEAS

Morning Hi Fives- Have students or teachers stand at the entrance of school and give hi fives to start the morning.

Chalk Encouragement Messages- Write encouraging chalk messages on the sidewalks surrounding the school.

Locker Encouragement- Write sticky notes on lockers to encourage students.

Stall Notes- Write notes in the bathrooms to encourage students.

Take What You Need- Fill envelopes with different acts of kindness that students can draw from anytime.

Thank You Notes For The Teacher's Lounge- Deck out the teachers' lounge with cards and decorations to show appreciation.

Snack Drive- Collect snacks, give them out to kids who might not have much to take home.

School Supply Drive- Collect school supplies for the classrooms.

Bus Driver Appreciation- Write notes or give a gift.

Janitor Appreciation- Write notes or give a gift or help clean.

Nurse Appreciation- Write notes or give a gift.

Drink Cart- Set up a drink cart with lemonade for the students or coffee for teachers.

Appreciation Station- Set up an appreciation station in the school cafeteria or lobby where students can drop by to write notes to others.

Clean Up- Clean up trash on the school grounds, making it a better place for students.

KINDNESS CLUB: PROJECT IDEAS CONTINUED

Smiley Face Stickers- Pass out smiles to students as they walk in the building in the morning.

Kindness Tree- Give students paper hearts to write down acts of kindness they performed. Add them to a tree on a bulletin board and hold a kindness challenge to tally how many acts of kindness your school performs.

Kindness Rock Garden- Invite students to decorate rocks with messages of kindness, empathy, and hope during recess. Collect and place them in a designated garden, or line the walkway of an outdoor learning space with the decorated rocks. A few tips from one of our rock star PTO leaders: Prep rocks in advance with Rust-Oleum American Accents 2x Ultra Cover spray paint, then decorate with oil-based paint pens (just make sure you open and activate them in advance). Finally, seal rocks with Mod Podge clear acrylic sealer.

Buddy Bench- Great for the early elementary years, a buddy bench offers an easy way for kids looking for playmates to connect during recess.

Pass Out Hugs- Make “hugs” out of paper and pass out “hugs” to anyone who might need one in the hall.

Kindness Dress Up Week- Challenge students to perform different acts of kindness all week. Give each day of the week a theme:

Monday: What if we practice positivity? (wear pink or purple)

Tuesday: What if we serve others? (wear camouflage or superhero cape)

Wednesday: What if we don't judge others by how they look? (wear funky glasses)

Thursday: What if we stand up for one another? (school spirit shirt & jeans)

Friday: What if we have no excuses? (wear college gear)

KINDNESS CLUB: PROJECT CHECKLIST

Project Ideas from the Students and Leader (Check off as you complete!)

Checklist:

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KINDNESS CLUB: PLANNING SHEET

Idea:

Details:

Supplies needed:

Student assignments:

Date to execute:



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