



Welcome to Kind Campus 2020-21!

Among the many proven benefits of having a kindness practice is the ability to more deftly navigate change. The 2020-21 school year is like no other we have seen, making our kindness skill set all the more valuable and vital. Creating a kind environment for our campus, be it virtual or in-person, is crucial as we navigate new daily lessons in vulnerability, gratitude, kind communication, and adapting to change.

This year, educators will still be able to access Kind Campus materials in their traditional format. However, we have added the additional tool of super accessible weekly emails to help you as you engage with the materials in the way that's best for you. The monthly theme, along with newly updated Kindness Quote and Science Quote posters, will be sent during Week 1 to get you started. Each subsequent week of the month you'll receive a short email outlining suggested activities for your kindness practice. Each activity is a quick and fun way to keep kids active and keep kindness as part of their daily lives. Kind Campus emails are easy to incorporate quickly and easy to share with other colleagues on campus!

We are so excited to see Kind Campus being used by hundreds of schools across the country and in other parts of the world. The program supports students as they endeavor to show compassion, begin to identify and understand their feelings, manage their emotions and behavior, practice gratitude, and practice kindness toward themselves and others. Ben's Bells is here to support you as you adapt to change and work toward what a kind environment looks like for you and your students.

Our team is here for you. Please don't hesitate to contact us if you have ideas about how we can help you in your kindness practice. We're happy to engage in a virtual conversation, read a book to your class, or discuss creative ideas that you may have.

We are in this together. Thank you for your dedication to creating kind communities!

A handwritten signature in blue ink that reads 'Liz Levine'.

Liz Levine
Education Manager

A handwritten signature in blue ink that reads 'Jeannette Maré'.

Jeannette Maré
Founder/Chief Kindness Officer