



	Understanding our Social and Emotional Brains	Self Awareness	Awareness of Others	Kindness in Action: Self-Kindness	Kindness in Action: Kindness Toward Others	Kindness Dilemmas	Adult Practice
<b>MONTH 1</b> Defining Kindness	Fixed vs. Growth Mindset	“Noticing” Phrase	Why Write Kind Notes?	Kind Notes to Selves	Kindness Ambassadors	Building Intention	Creating a Connected Campus
<b>MONTH 2</b> Creating a Kind Campus	Conscious Brain & Unconscious Brain	Positive Affirmation Phrase	“Just Like Me” Exercise	Importance of Sleep	“be kind” Code	Peer Interactions	“Mini Bell” Committee
<b>MONTH 3</b> Kindness Starts with Me	Negativity Bias	Bracelet Exercise	The Platinum Rule	“Just Like My Friend” Exercise	“What is Kindness?” Video & Letter to Parents	Kind Problem-Solving & Individual Practice	“A Moment for Kindness” with Colleagues
<b>MONTH 4</b> Kindness Commitment	Metacognition	Awareness of Complaining and Blaming	Community Partner Info Sheets	Importance of Exercise	Kindness “Shout Out” on Morning Announcements	Problem Solving in Real Life	Self-Kindness Board (with baby pictures)
<b>MONTH 5</b> Allowing Time for Kindness	Neuroplasticity	Stretching and Breathing	Mindful Listening	Benefits of Taking Breaks	Kindness Coins	Assuming Good Intentions	Gratitude Wall & Thank You Notes



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<b>MONTH 6</b> Courage to be Kind	Kind vs. Nice	Take Five	“Ripple Effect” Bulletin Board	Healthy Eating	Create a Kindness Tree	Kind Communication	Kindness During Tough Conversations
<b>MONTH 7</b> Kindness in our Community	Micro-moments of Connection	Waving Like Seaweed	Mapping Kindness	Benefits of Spending Time Outdoors	Kindness and Social Media	Tracking Kindness	Your School Environment
<b>MONTH 8</b> Gratitude for Kindness	Rejection	“I am ...”	Effective Apologies & I’m Sorry Notes	Reframing Experiences	Writing Thank You Notes	Taking Stock of Kindness Practice	Paying Attention to Good Facts
<b>MONTH 9</b> Celebrate Your Kind Community	Being Kind to Unkind People	Changing Behavior Patterns	Connecting with Another’s Suffering	Focus on Gratitude	Kindness to Plants, Creatures, & the Environment	Anticipating Future Kindness Dilemmas	BENEvolent Brigade & Charity Drive