



Dear Parents,

We are excited to be a KIND school. This year we are participating in the Ben's Bells Kind Campus Program, an innovative outreach program for schools that serves to educate and inspire students, staff and faculty to recognize the importance of intentional kindness. Behavioral science research confirms that being kind toward others has powerful effects on individuals' mental health and quality of life. This letter provides additional information about the program and how your family can continue practicing kindness at home.

### **How does Kind Campus work?**

Kind Campus is based on the belief that everyone has the capacity to be kind and that being kind is a skill that can be taught and practiced. Kind Campus strives to create a culture of kindness in schools where everyone learns what it means to be kind and how to practice kindness. Each month focuses on a different theme with relevant discussion, activities and practice for students, staff and faculty to engage in together. Having a kind and supportive school environment sets the stage for optimal academic learning.

### **How can we incorporate Kind Campus activities at home?**

The goal of Kind Campus is to encourage students, staff and faculty to incorporate kindness into their lives at school, home, and in their community. Engaging your child on this topic is easy and does not require any special training! Ask your child what they have been learning about kindness in school. Discuss situations your family members experience where someone was kind to them or a time when it was hard to be kind. Engage in activities that promote kindness in your community, like volunteering your time together as a family.

### **Where can I learn more about Ben's Bells Project?**

Kind Campus is offered through Ben's Bells Project, a non-profit organization whose mission is to teach individuals and communities about the positive impacts of intentional kindness and to inspire people to practice kindness as a way of life. For more information please visit [www.bensbells.org](http://www.bensbells.org).