

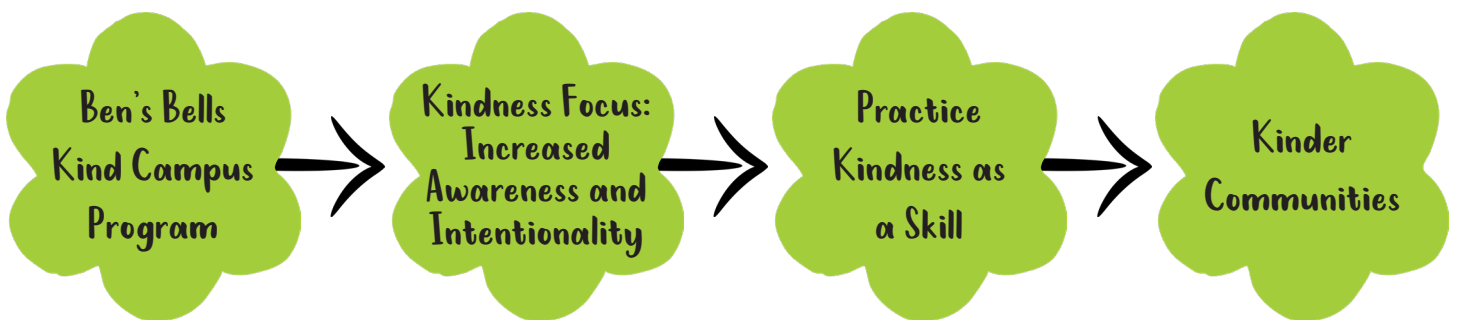


# How to Get Started



## Your Kind Campus

Kind Campus works by providing the context to learn about the science and benefits of kindness and integrate a focus on kindness at your school. No amount of kindness is too large or small. Our intention is to guide your learning and motivate you to create an environment where the practice of kindness is supported, however that may look for you and your students. This could include using the word “kindness” regularly, talking about kindness as a priority, and routinely noticing and recognizing kindness. Establishing a culture of kindness at your school will support skill-building activities that become a part of your community’s daily life. With kindness established as a shared value on campus, we can think about kindness more, rely on it more, talk about it when it’s hard, remove barriers to practicing kindness, and solve problems while still being kind.



With the Kind Campus program, you’re creating a school environment that nurtures the practice of kindness, where it’s safe to practice, safe to make mistakes, and learning and growth are encouraged. Humans experience the world as social creatures and rely on each other to survive and thrive. Interventions and actions supported by Kind Campus target multiple levels of our community-based lives. The program starts at the school culture level with messaging and modeling from adults. That culture sets the stage for individual and interactional practice that can be extended throughout our communities.

We believe that everyone has the capacity to be kind and that kindness can be cultivated through education, visual reminders, and ongoing practice. By recognizing, valuing, and practicing intentional kindness, we can change the world.

## How the Program is Delivered

Make your way through the program using our Monthly Guides, or follow in bite-size chunks with our Weekly Emails. You'll receive an email each Monday where you can dive right in and learn a quick kindness lesson or try out a suggested classroom activity to keep your practice active. The weekly emails match the content in the Monthly Guides and will take you through the entire program.

## How to Use the Program

Each Monthly Guide contains a lesson on the science of kindness, a lesson on self-kindness, and suggested activities. The lessons will give you information about how our brains work, the need for social connection, the benefits of practicing kindness, how these benefits can spread in communities, and more, all to inspire your intention to create a culture of kindness on your campus. Use these lessons to inform classroom discussions or exchange of ideas among staff members. We encourage active reflection in order to reinforce learning and inspire your practice. From there, choose which suggested activities will work best for you and your students. Many Kind Campuses have created their own activities to support a climate of kindness at their school!

## What's New

### Kindness at Home

The practice of keeping kindness active on campus can easily extend to the home!

Participating in kindness skill-building activities indicates to students that social and emotional skills are an important part of their education. From there, kind intention and ultimately kind behavior can extend beyond the classroom to campus, families, and communities. Being kind at home is a great way for students to share what they're learning in school, and to experience the ripple effect by helping to spread kindness from one space to another.

Kindness at home can take many forms and may include discussions, idea sharing, helping out with chores and tasks, visual reminders, spending time together as a family, or activities that promote kindness in the neighborhood. Keep kindness active and engage wider communities with these follow-up activities to Kind Campus programming.

### The Power of Visual Reminders of Kindness

Learn about the power of visual reminders of kindness and the science behind them, and get suggestions for fun activities for your classroom or at home.

## Ask Questions!

We're happy to be in contact if you have questions or ideas, or would like more information or feedback. Please contact us at [kindcampus@bensbells.org](mailto:kindcampus@bensbells.org) or (520) 622-1379, ext. 1004.

