



5 Ways to Support Your Kind Culture



Here are five ways to support a culture of kindness on your campus as you establish your practice and work to keep it active, along with suggestions from educators who use the program.

1. Create Visual Reminders

Visual representations bring attention to kindness and serve as reminders that kindness is a shared value on campus, thereby inspiring kind behavior and actions.

“Make a mural with recyclable materials.”

“We have a bulletin board started at the beginning of the year where we share kind acts witnessed, seen, or received.”

“We have our Kindness Club make signs for campus to hang in community areas.”

“We include the Be Kind symbol in our monthly e-newsletters to home.”

“We have a Be Kind rock garden.”



2. Understanding our Brains

When we increase our social and emotional awareness, we're better equipped to prioritize a kindness focus which enhances our thoughts, actions, and behavior.

“Asking children to explain how they are feeling by relating it to objects.”

“Acknowledge when I am feeling frustrated or impatient with a student or coworker.”

“We have visual symbols around that say ‘pause and gather your thoughts.’”

“How can I respond instead of react? Determine if it is a fact or a feeling?”

“Talking to students about growth mindset when they talk about ‘I can't do math.’ Can you change it to ‘I can learn math, I can get better!’”

3. Notice Kindness > Acknowledge Kindness > Track Kindness > Reflect on Kindness

Noticing and acknowledging kindness helps us to become mindful and aware. Tracking kindness helps us to understand how it spreads and grows, impacting entire communities. Reflecting on kindness fosters self-awareness and the benefits of gratitude.

“Acknowledge a student’s kindness and give them a token to add to the class jar.”

“Kindness necklace passes around class to at least 3 people daily.”

“We have an Acts of Kindness bulletin board that students put sticky notes on. The goal is to fill it up.”

“We do ‘shoutouts’ where kids recognize kind things they see > from classmates or in life.”

“I work with 3-5-year-olds. When they do something kind, I like to tell the rest of the class. It makes them proud of themselves and other kids tend to mimic that kind of behavior.”



4. Practice Gratitude

Expressing gratitude is one of the kindest things we can do, and it carries benefits for both the giver and the receiver. It can strengthen relationships and help both parties to savor the positive and be reminded of community impact.

“We have a gratitude jar where kids put what they are thankful for on a slip of paper.”

“We let the kids draw pictures of what they are thankful for and then have them tell us about the pictures.”

“Taking time to reflect on those around me -- colleagues, students, strangers -- and how they have helped me.”

“Name at least one good thing that happened during the day before leaving (for students and teachers).”

“I say I’m sorry when I am wrong because I am grateful I learned something.”

5. Be Curious!

Curiosity helps us to learn from others and to learn from our mistakes. Kindness can require skill, and like any skill, it takes practice. Being open to learning about the many ways in which kindness impacts our lives leads to a better understanding of ourselves and others.

“Ask questions and give the other person time to answer. Silence is okay after a question.”

“Ask the student why they chose to make the decision that they did.”

“Study people, communicate openly, be open to being wrong.”

“Ask students what is challenging for them in their current situation.”

“Have meaningful conversations with others. Try to understand where they are coming from and ask questions about them.”