



## Welcome to Ben's Bells Kind Campus Program 2023-2024!

The beginning of the school year is a time to reconnect with one another using intentional kindness. Building a welcoming, enthusiastic, and engaged kind campus is important work, especially as we recognize that educators impact students' development both in and out of the classroom. Establishing kindness as a core value on campus indicates to students that social and emotional skills are an important part of not only their education, but their families and communities.

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. 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. Learn more about how to use the program in our How to Get Started guide found on the Getting Started webpage.

We're 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 support students, and work toward what a kind environment looks like for you and your campus.

Please don't hesitate to contact us if you have ideas about how we can help you in your kindness practice. Thank you for your dedication to creating kind communities!

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