



Month 1: Introduction to Kind Campus

Being Kind Means Doing Kind: Behaviors

Kindness is behavioral, meaning that while we may have the desire or intention to be kind, our actions are when kindness actually takes place and has an effect on our environment. Being kind means doing kind, and Kind Campus is an intervention for this behavior change process. Each month the program will focus on a different behavior category via four different sections as outlined below:



Kind Campus Week 1: Ready for Kindness

Ready for Kindness focuses on our attitudes, perceptions, and beliefs about a behavior, because our personal feelings influence how we choose to act. We'll build awareness and educate students and staff about the benefits of kind behavior, such as improved social interactions, a positive school environment, and personal satisfaction. We'll highlight the positive outcomes of kind behavior, making it more appealing, and suggest activities that allow participants to experience the impact of kindness firsthand.

Activity:
Creating a
"Be Kind"
Code

Kind Campus Week 2: Kindness Influencers

The accepted norms in any given space have a huge influence on our behavior, especially in a school social setting. We'll identify and encourage influential students and peer leaders to promote kind behavior, recognizing that their endorsement can create a ripple effect. We'll also work to establish a school-wide culture that values and rewards kindness, making it highly visible. Influence can also happen by engaging parents to reinforce kind behavior at home, creating consistent messaging between school and home environments.



Kind Campus Week 3: Skills for Kindness

Skills for Kindness makes kind behavior doable by providing the tools and skills needed to act kindly, including communication skills, conflict resolution, and empathy training. We'll work to create a supportive environment where kind behavior is easy to perform. This could involve classroom activities that require cooperation and support among students, or identifying and addressing any barriers that might prevent students from acting kindly. As kindness becomes one of our strengths, the benefits and impact are a continuing journey rather than a finite set of expertise.



Kind Campus Week 4: Self-Kindness

This section encourages self-kindness practices, which can have far-reaching benefits, not only for individual students but also for the overall well-being and success of the school community. Self-kindness lays the foundation for healthy relationships with others. When students are compassionate towards themselves, they are more likely to extend that compassion to their peers, creating a supportive and inclusive school environment. Self-kindness also contributes to our emotional well-being, improved performance, self-acceptance, and resilience.