

## **Kindness in the Classroom®**

<https://www.randomactsofkindness.org/for-educators>

**Grades and setting:** Most of the lessons are for students in kindergarten through 8th grade. The website also includes one unit for high school students in the “additional educator resources” section. Lessons are designed primarily for the classroom. The “additional educator resources” section also includes lessons and activities for kids in after school and out of school programs.

**Summary:** The Kindness in the Classroom® program was created to integrate intentional kindness skill building instruction with the development of social and emotional competencies. The lessons include [12 kindness concepts](#) which, when used consistently, provide students a scaffold to build the necessary skills to move from self-awareness to action. The 12 kindness concepts are: assertiveness, caring, compassion, fairness, gratitude, helpfulness, integrity, perseverance, respect, responsibility, self-care and self-discipline.

The program includes a variety of free, online, adaptable materials to support the teaching of kindness and the professional development of teachers. The curriculum includes developmentally appropriate, standards-aligned lessons that teach kids important social emotional skills. There are four units for each grade, and each unit has four lessons. Each unit also includes a standards key, a Spanish unit, and implementation model, and a required materials list. All of these can be downloaded for free on the website. The website also includes the following additional educator resources: 1) a set of “culture and climate” tools to help educators implement the Kindness in the Classroom program, 2) tools to help educators teach kindness skills to diverse learners, 3) lessons and activities to inspire kids in after/out of school programs, 4) lessons that help high school students care for themselves by becoming aware of and managing their emotions, 5) kindness posters, which display the kindness concepts taught in the K-8 lessons, 6) a list of fun kindness projects appropriate for various grade levels, 7) kindness themed games and a list of books to inspire kindness, and 8) tips on how to create a kindness club. The curriculum is available in English and Spanish.

**Context:** These educator tools and curricula are part of Random Acts of Kindness ([www.randomactsofkindness.org](http://www.randomactsofkindness.org)), the mission of which is to change schools, the workplace, families and society through kindness. They work toward that goal by creating free content that promotes kindness toward others & teaches important kindness skills to kids. General (not specific to schools) programs and content on their website include: kindness stories, an active global community of activists, kindness ideas, videos, posters, a blog, and a science of kindness video.

**Effectiveness/Outcomes:** The developers commissioned several independent researchers to study and test the curriculum. According to their findings, teachers using the curriculum report feeling more connected to their students, seeing more kindness in their classrooms, halls and on the playgrounds, and noticing their students demonstrating more empathic, caring traits. The teachers also noted improved trust, fewer referrals to the office, more respect between students, and a generally more positive school and classroom culture. The results of four studies can be downloaded from their website.

**Training:** Free training materials are provided on the website, including a 7 minute overview video.

**Cost:** free

**Contact information and useful links:**

Free training materials and additional resources to help educators teach kindness:

<https://www.randomactsofkindness.org/for-educators/training>