

# RANDOM ACTS OF KINDNESS

## FOUNDATION®

### Cultivating Resilience Through Kindness

Date

8:30 a.m. – 3:30 p.m.

Location

#### Training Description

Resilient people have a greater capacity for kindness and can create stronger, more meaningful relationships. Participants in this session will engage in activities connecting gratitude and kindness to resilience, while learning how to inspire and empower students to share kindness through the Kindness in the Classroom curriculum. Implementing Kindness in the Classroom will create a lasting effect in your school where kindness becomes the norm and not the exception.

#### Objectives

Participants will:

- Be **inspired** to create a culture of kindness
- Be **empowered** to implement the Kindness in the Classroom curriculum
- Create an **action** plan to utilize Kindness in the Classroom tools and resource in your classroom

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8:30 a.m. Welcome!

Resilience, Kindness and Gratitude

Why Kindness in the Classroom?

Kindness in the Classroom Model Lesson: Gossip and Rumors

12:05 a.m. Lunch

12:35 p.m. Energizer

Unpack A Lesson

Materials Exploration and Planning

Closing Activity

3:30 p.m. Farewell