

RANDOM ACTS OF KINDNESS

FOUNDATION®

PRACTICE SECTION SIGN-UP

	Section	Name
1	Welcome and Introduction	
2	Warm-up Activity	
3	Rationale	
4	Resilience	
5	Kindness; Science of Kindness	
6	Gratitude; Science of Gratitude	
7	Kindness Strategies for Building Resilience	
8	You've Got Mail!	
9	Why Kindness in the Classroom?	
10	Kindness in the Classroom Model Lesson	
11	Energizer	
12	Unpack a Lesson	
13	Materials Exploration and Planning	