

RANDOM ACTS OF KINDNESS

FOUNDATION*

1 Welcome and Introduction
(focus on visioning activity and group agreements)

2 Warm-up Activity

3 Rationale

4 Resilience

5 Kindness; Science of Kindness

6 Gratitude; Science of Gratitude

BREAK

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
