

RANDOM ACTS OF KINDNESS FOUNDATION®

Training of Trainer: Cultivating Resilience Through Kindness

Day One

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 teach the Cultivating Resilience Through Kindness training
- Create an **action** plan to successfully plan and implement a 6-hour training with your staff

8:00 am	Welcome and Introductions! Training of Trainers: Why are we here? MODELING OF TRAINING Resilience, Kindness and Gratitude Why Kindness in the Classroom? Kindness in the Classroom Model Lesson: Gossip and Rumors
11:30 am	Lunch
12:00 pm	MODELING OF TRAINING Continued Energizer Unpack A Lesson Materials Exploration and Planning Practice Session Sign Up Closing Activity
2:30 pm	Farewell!

Personal Learning Objective

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