

# CERTIFIED KINDNESS SCHOOL CHECKLIST

## Welcome to the journey of becoming a Certified Kindness School and/or Classroom!

In today's world, cultivating a culture of kindness within our school community is more important than ever. A Certified Kindness School is not just a place where students learn academic skills; it's a space where compassion, respect, and empathy thrive.

### Checklist to become a Certified Kindness School and/or Classroom:

- ☐ Introduce the challenge to your school or classroom and have participants sign the Kindness Pledge (use the pledge below or create your own).
- ☐ Request a FREE kindness poster for your school and/or classroom.  
Due to mailing costs, we will only send posters to schools with addresses in the United States.
- ☐ Kick off the challenge with some inspiration:  
Watch & Share Norm's Impact: How Kindness Transformed a School
- ☐ Download the RAK kindness calendar for daily kindness ideas.
- ☐ Download RAK resources for your school or classroom.

What resource(s) did you download? \_\_\_\_\_

- ☐ Select one RAKactivity to complete as a school or classroom.

☐ What RAKactivity did you select? \_\_\_\_\_

- ☐ **Optional** - include pictures or videos you've captured during the challenge

By submitting photos, videos, or other media to the Random Acts of Kindness Foundation, you grant permission for their use in the foundation's communications, including but not limited to websites, social media, newsletters, promotional materials, and reports. This permission is granted without any expectation of compensation and includes the right to edit, alter, or reproduce the media for the purpose of sharing the foundation's mission and impact. If you have any questions or concerns about how your media may be used, please contact [info@randomactsofkindness.org](mailto:info@randomactsofkindness.org). (updated 01/24/2025)

- ☐ Email a completed copy of this checklist to [info@randomactsofkindness.org](mailto:info@randomactsofkindness.org) to receive a Certified Kindness School certificate to display next to your schools Kindness Pledge.

☐ School Name \_\_\_\_\_

☐ Number of Students \_\_\_\_\_

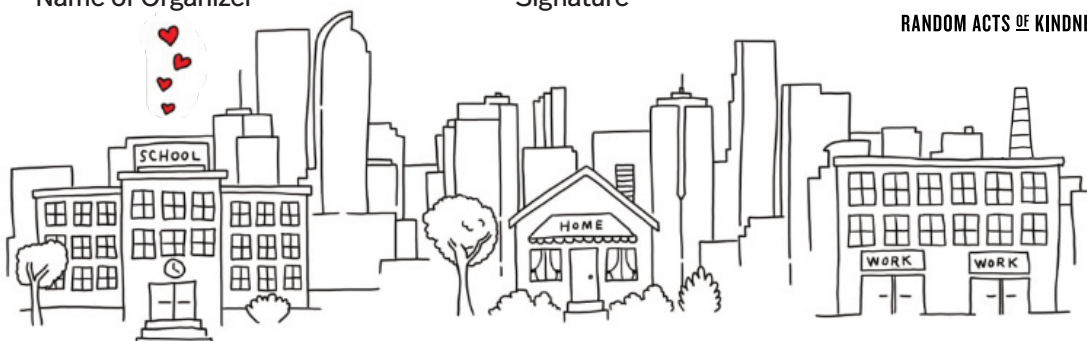
☐ Location \_\_\_\_\_

\_\_\_\_\_  
Name of Organizer

\_\_\_\_\_  
Signature

**make  
kindness  
the norm**  
randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION®



# KINDNESS PLEDGE TEMPLATE

## Welcome to the Kindness Challenge! Let's Become a Certified Kindness School!

Dear \_\_\_\_\_ community,

(enter school name or school mascot)

I am so excited to invite you on this incredible journey to become a Certified Kindness School, created by The Random Acts of Kindness Foundation!

I believe there is no better time than now to make kindness the foundation of everything we do here at \_\_\_\_\_. Together, we can create a community where compassion, respect, and empathy thrive.

To kick off this challenge, the first thing we need from each of us is to sign the **Kindness Pledge** (located in \_\_\_\_\_). By signing, you commit to making kindness a part of your daily actions—whether it's helping someone in our school community, showing respect, or simply spreading positivity.

Let this be our school's declaration that kindness isn't optional—it's a priority.

After signing the pledge, we'll work through the **Certified Kindness School Checklist**, engaging in activities that promote kindness throughout our school.

### Here's an overview of the items included on the checklist:

- **Kick off the challenge with some inspiration!** - watch & share Norm's Impact: How Kindness Transformed a School
- **Request a FREE kindness poster** for your school and/or classroom
- **Download RAKs kindness calendar** for daily kindness ideas
- **Download RAK resources** for your school or classroom
- **Complete one RAKtivity** as a class or school and/or classroom
- **Submit the completed checklist** to receive an official certificate to display alongside our Kindness Pledge.
- **optional** - include pictures or videos you've captured during the challenge

By submitting photos, videos, or other media to the Random Acts of Kindness Foundation, you grant permission for their use in the foundation's communications, including but not limited to websites, social media, newsletters, promotional materials, and reports. This permission is granted without any expectation of compensation and includes the right to edit, alter, or reproduce the media for the purpose of sharing the foundation's mission and impact. If you have any questions or concerns about how your media may be used, please contact [info@randomactsofkindness.org](mailto:info@randomactsofkindness.org). (updated 01/16/2025)

Let's rally together and make kindness the norm at \_\_\_\_\_!

Looking forward to seeing your pledge signatures and the amazing things we'll accomplish as a school!

Warmly,

[Organizer's Name]

[School Leader or Title]

# make kindness the norm<sup>®</sup>

[randomactsofkindness.org](http://randomactsofkindness.org)

RANDOM ACTS OF KINDNESS FOUNDATION<sup>®</sup>

