

# BE KIND DAY

## CLASSROOM KIT

An International Day to Be Kind, 31st March Annually



[www.bekindday.org](http://www.bekindday.org)

**Imagine** one day every year when everyone is friendly, generous and considerate

**Imagine** not just doing kind things for others, but receiving them in kindness too

**Imagine** what is the kindest thing you could do for yourself, someone else, the planet, for animals, for your colleagues, your families

**That's what Be Kind Day is all about.**

**HOW WILL YOU BE KIND ON 313?**

Check out our website for examples and ideas for schools, workplaces, communities, parents and lots more

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BE KIND DAY IS AN INITIATIVE OF  
LKPY: LOVING KINDNESS PEACEFUL YOUTH ([WWW.LKPY.ORG](http://WWW.LKPY.ORG))



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# **BE KIND DAY CLASSROOM KIT**

## **PART 1: CONTEMPLATING KINDNESS**

### **Learning about Kindness**

- ♥ What is the definition of kindness?
- ♥ What is the definition of "Be Kind"?

Ask students to brainstorm these questions – share all of the ideas by writing them on the board – ask students to give examples of kindness and have a group discussion about this topic.

### **Posters and Artwork**

- ♥ Ask students to make a poster about kindness. This could be left to the student's imagination. They can use magazine cut outs, draw pictures etc Ask each students to show there poster to the rest of the class and explain why it means kindness to them. (If it is a senior class ask the students to write a small essay about this).

### **Sharing Kindness**

- ♥ Ask students to make a list of all the good characteristics that they see in themselves and in others – write the list on the board – ask each student to choose one of the characteristics and write a short paragraph about the importance of this characteristics and how it applies to them. For examples words such as joyful, friendly, thankful, caring, happiness, openness, responsible, helpful, loving, understanding, peaceful etc

### **Kindness – giving and receiving**

- ♥ Ask each students to write a compliment about each person in the class. - Provide envelopes to each person in the class. Ask students to write down a message for each person and to put it in there envelope. – After class, the teacher shouls take the envelopes and read through all the messages to make sure that all comments are appropriate before giving it back to the students to read. – this task is anonymous, so the teacher needs to make sure that the students do not put there names on the paper.

### **When someone was kind to me...**

- ♥ Ask students to write down a time when someone was kind to them. What happened? How did they feel?

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## **PART 2: BE KIND IN ACTION**

### **7 acts of kindness**

- ♥ Ask students to write down 7 acts of kindness they can do. Ask the students to do one of these acts of kindness each day for one week. Once this task is completed, ask students to write a small report on how they felt after the completion of this task.

### **Some simple acts of kindness**

- ♥ Teach children to not leave anyone out and to sit with children who usually sit alone.
- ♥ Talk to the new child in the class
- ♥ Help a friend or sibling with homework
- ♥ Say thank you

### **Promoting Be Kind Day**

Ask your students to write letters to the editor or a small article for the local newspapers about Be Kind Day. If it is published Email us a copy ([bekind@lkpy.org](mailto:bekind@lkpy.org))

### **Be Kind Day 313 (3 activities each on the 31<sup>st</sup>)**

A few days before Be Kind Day on the 31<sup>st</sup> March, ask each student to come up with 3 activities for Be Kind Day. Send a list of these activities into us ([bekind@lkpy.org](mailto:bekind@lkpy.org)), then on Be Kind Day remind everyone to do their activities. After Be Kind Day ask students to write a report on their activities. Send some into us, we would love to hear about it.

### **Community Be Kind – Think BIG**

Hold one class dedicated to Be Kind Day: Ask each student to bring \$1 (or whatever amount you want to chose, can be 1cent) to class, collect this money together.

Then ask each student to research a cause/charity that they think it is best to donate the money to, ask them to present their cause/charity and why they think its worthy of the money.

At the end of the day hold a vote to decide which cause/charity the money should go to. Then send the money to the cause/charity and inform them that this is part of a Be Kind Day activity.

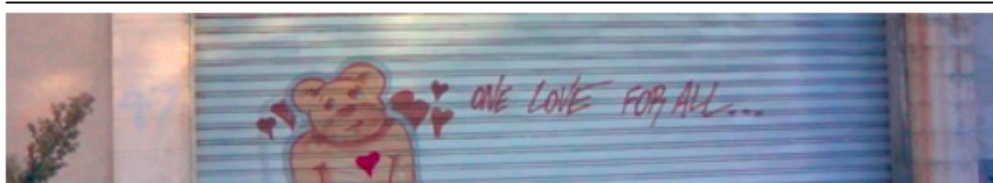
## BE KIND DAY CONSIDERATIONS

Be Kind Day is a project of an international peace organisation for young people, LKPY: Loving Kindness Peaceful Youth. ([www.lkpy.org](http://www.lkpy.org)) All of our activities and projects are due to the kindness of others volunteering their time or their skills.

Please consider supporting us either in a monetary way or in kind.

In-Kind supporting is through skills sharing, prompting us in your local community or other general volunteering

Monetary supporting are donations, we gratefully accepted any donations big or small, to help further projects of LKPY



The best way to support Be Kind Day is to be part of it, get involved, do something to Be Kind and let us know what you did.

If you would like to support the day more we welcome donations to support the website and promotion of this event.

### PayPal /Credit Card

Go to PayPal  
[www.paypal.com](http://www.paypal.com)

search  
LovingKindness  
PeacefulYouth

or  
[www.lkpy.org/  
support\\_us.php](http://www.lkpy.org/support_us.php)

### Bank Transfer

Account Name:  
Loving Kindness  
Peaceful Youth Inc

BSB:  
085-458

Account Number:  
81-188-4188

### Cheque/Money Order

Draw a cheque in favour  
of  
'Loving Kindness  
Peaceful Youth Inc'

and post to:

Be Kind Day  
PO Box 551,  
Unley SA 5061,  
Australia

*Please Note: Be Kind Day is a project of the non-profit peace organisation Loving Kindness Peaceful Youth (LKPY) Incorporated in Australia, with a worldwide scope*

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To keep involved with LKPY activities, please join our e-newsletter  
[www.lkpy.org/email\\_news.php](http://www.lkpy.org/email_news.php)

For any more information about LKPY please check out our **website:**  
[www.lkpy.org](http://www.lkpy.org) Or **Email us:** [info@lkpy.org](mailto:info@lkpy.org)

Or

**Post us:** LKPY, PO Box 551, Unley SA 5061, AUSTRALIA

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Happy Be Kind Day  
Think big and keep smiling  
The LKPY Crew