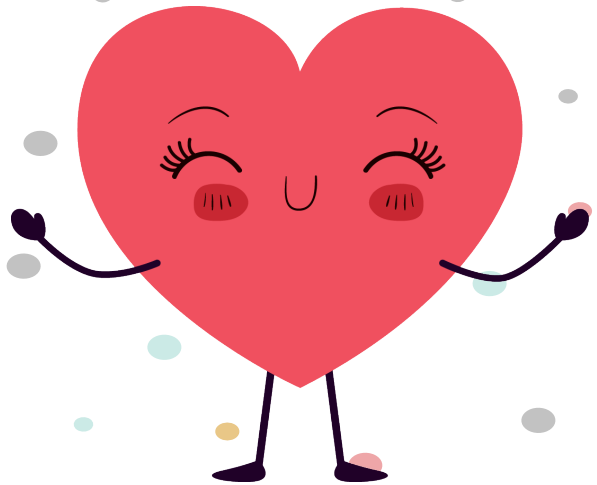


The Kindness Kit



Boost kindness and connection
in the classroom

The Rooted Family | The Rooted School
therootedfamily.com | therootedschool.com

Welcome to your Kindness Kit!



At The Rooted Family, we believe rooting in kindness helps to grow smart, kind, successful kids who will change the world. We hope this resource serves you well.

Kindness is not just about being nice; it's about boosting brains! We often want kids to be kind because it makes life easier and builds relationships - valid and useful reasons to practice kindness. However, when you look at kindness as a way to strengthen brain connections, it takes on a whole new meaning. Social relationships built on kind responses and actions build brains that strive for kindness and look for more kindness wherever they go.

Kindness also strengthens our emotional and mental health. When a student gives, receives or witnesses kindness, a neurological release of neurotransmitters such as serotonin, oxytocin, and dopamine is released in the brain. These neurotransmitters boost our mood and health, including our immune system. This boost of neurotransmitters is called a “helper’s high,” and it serves as a catalyst for our brain to look for more kindness.

Teaching kids about kindness is a social and emotional brain builder that translates into feelings of connection, safety and love. It opens the pathways to cognitive learning because it decreases stress responses that may limit pre-frontal cortex functioning. Kindness creates a positive feedback loop in the brain. When practiced and experienced regularly, it can reduce pain, stress and anxiety.

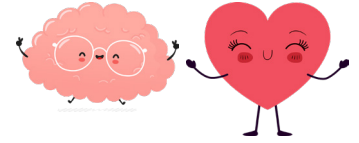
Being kind also builds empathy. According to the Harvard School Of Education, students who display empathy tend to have:

- More classroom engagement
- Higher academic achievement
- Better communication skills
- Lower likelihood of bullying
- Less aggressive behaviors and emotional disorders
- More positive relationships

We hope you enjoy your Kindness Kit from The Rooted Family and use in your classroom to help boost brains and social-emotional development. The objective is to increase kindness and connectivity in your classroom.

You can check out all that The Rooted Family offers schools and families, including our mindful, social-emotional learning curriculum or supplemental programming, at therootedfamily.com.

Kindness Bingo



The goal is to work as a team to work towards a kind goal. This activity can work for both in-school and virtual school, with just a few adjustments.

Use the bingo card provided and work together to fill in all the squares (individual bingo or whole-card bingo) and race towards kindness. There are intentional blank spaces so students can boost their brains by thinking of their own ways to be kind. Even if you are apart, you can build your brains together by strengthening kindness.

Complimat

The goal is to know that kindness can be as easy as thinking of ways to compliment another person, and that small acts of kindness really matter!

Pick names out of a hat or randomly assign a student to another student. They will show how much they appreciate their partner by filling in the complimat for them. Be as creative as you'd like for this. Use ours as a template or just as inspiration for your own version of the complimat.

Shine Rays of Kindness, Glow in Gratitude

The goal is to strengthen the ability to act in kindness and witness kindness.

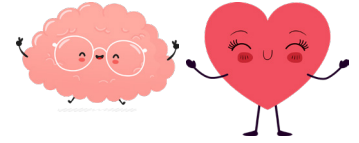
In each ray of sunshine, have students write a kind act they have done for someone else. On the moon page, ask them to recognize when someone does a kind act toward them that makes them glow with gratitude. Then, ask them to write them in the stars.

Friendship Burger

The goal is to strengthen the ability to become self-aware and strengthen inner kindness traits and seek out others who do the same.

If you had to turn what it means to be a good and kind friend into an ultimate burger, what layers would you add? Think about having a good friend and being a good friend. What qualities would make a kind friend? Write those qualities on each of the burger pieces and stack them together to make your kindness burger. Look for those qualities in your friendships and show them to your friends. Make burgers together or individually and come back together to share what your qualities are.

Collecting Kindness



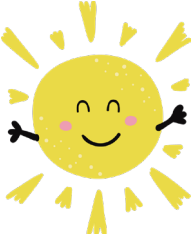
The goal is to look at kindness as an everyday part of life and get a brain boost of neurotransmitters when others notice their acts of kindness.

Give each students a heart template. Students, teachers and parents can write on their hearts when they give or receive kindness. Students may share these hearts at a circle time or morning meeting. For every heart read aloud, the class collectively puts one item (garden gems, marbles or another small object) in a jar as a sign of counting kindness. Students can work together to fill the jar and have a class goal or reward for filling the jar.

**Even if you are in a virtual learning environment, this activity can be done. Simply send a template or make it available for pick up to students. Students can also create their own hearts out of paper, old envelopes or paper grocery bags. Students can share the hearts over synchronous learning, and the teacher can count them in a community jar held by the teacher. Students can choose a reward that they can do individually at home or participate in an activity together at synchronous learning time. Consider having the school principal pop in to congratulate kids on their kindness accomplishment.*

Kindness Bingo

Work together to get a kindness bingo. Boost your brains by filling the empty squares with other ways you can think of to be kind.

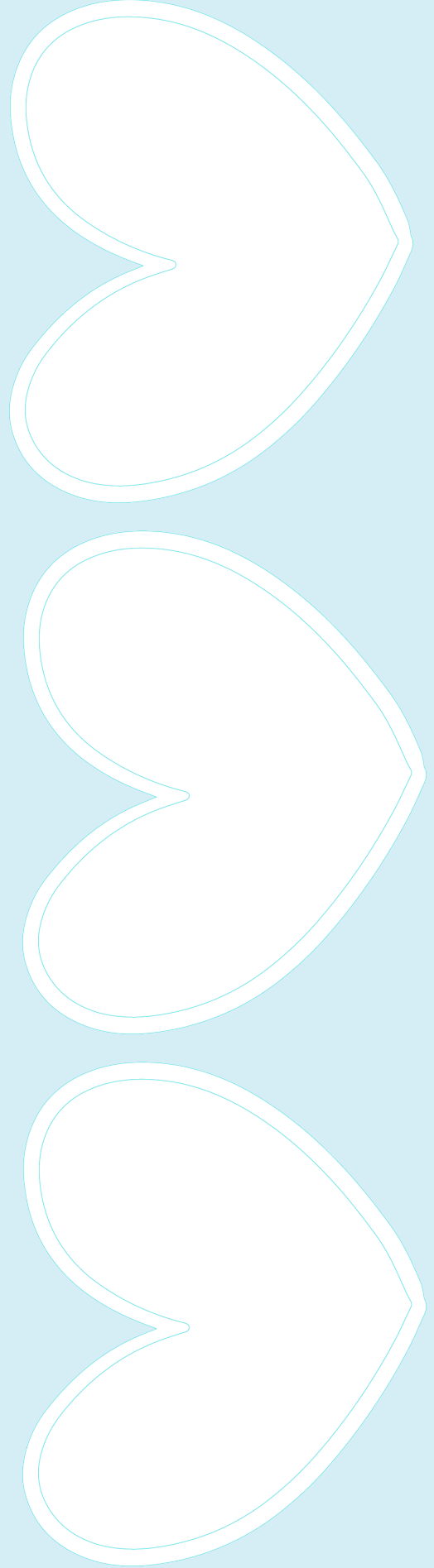
Tell someone you appreciate them and why you are thankful for them.		Say good morning or hello to someone you haven't already greeted today.		Help someone clean up or pick up a mess.
			Send an email to someone who doesn't live with you, but you care about.	
Say please and thank you to someone.		 Smile		Listen to someone without interrupting.
			Put a letter in snail mail for someone that you care about.	
Ask someone how they are feeling. Once they tell you, be sure to respond.		Draw or create a gift for someone else. (It could be a letter, a picture or a structure; get creative!)		Ask someone if they are okay or need help. If they do need help, kindly help them.

'S COMPLIMAT

You are pretty great because:

You help me be a better person by:






Three reasons I'm grateful for you:



Shine in Kindness

In each ray of sunshine, write an act of kindness you have done for someone else.








1.	
2.	
3.	
4.	
5.	

Glow in Gratitude

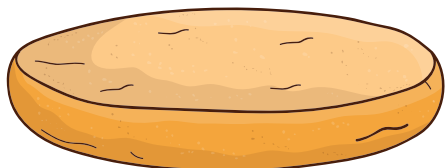
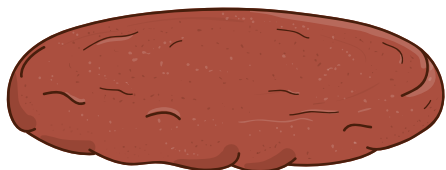
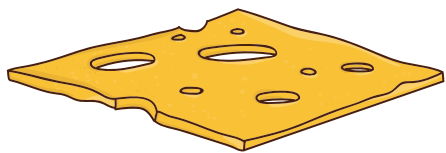
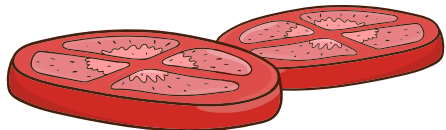
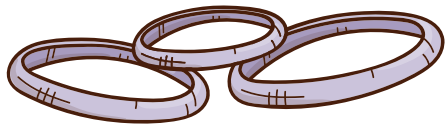
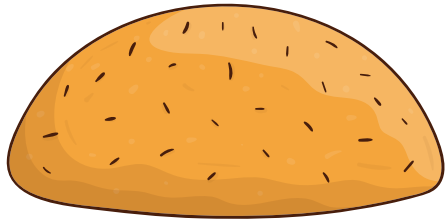
Recognize when someone does a kind act toward you and makes you glow with gratitude.
Write them in the stars.



1.	
2.	
3.	
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5.	

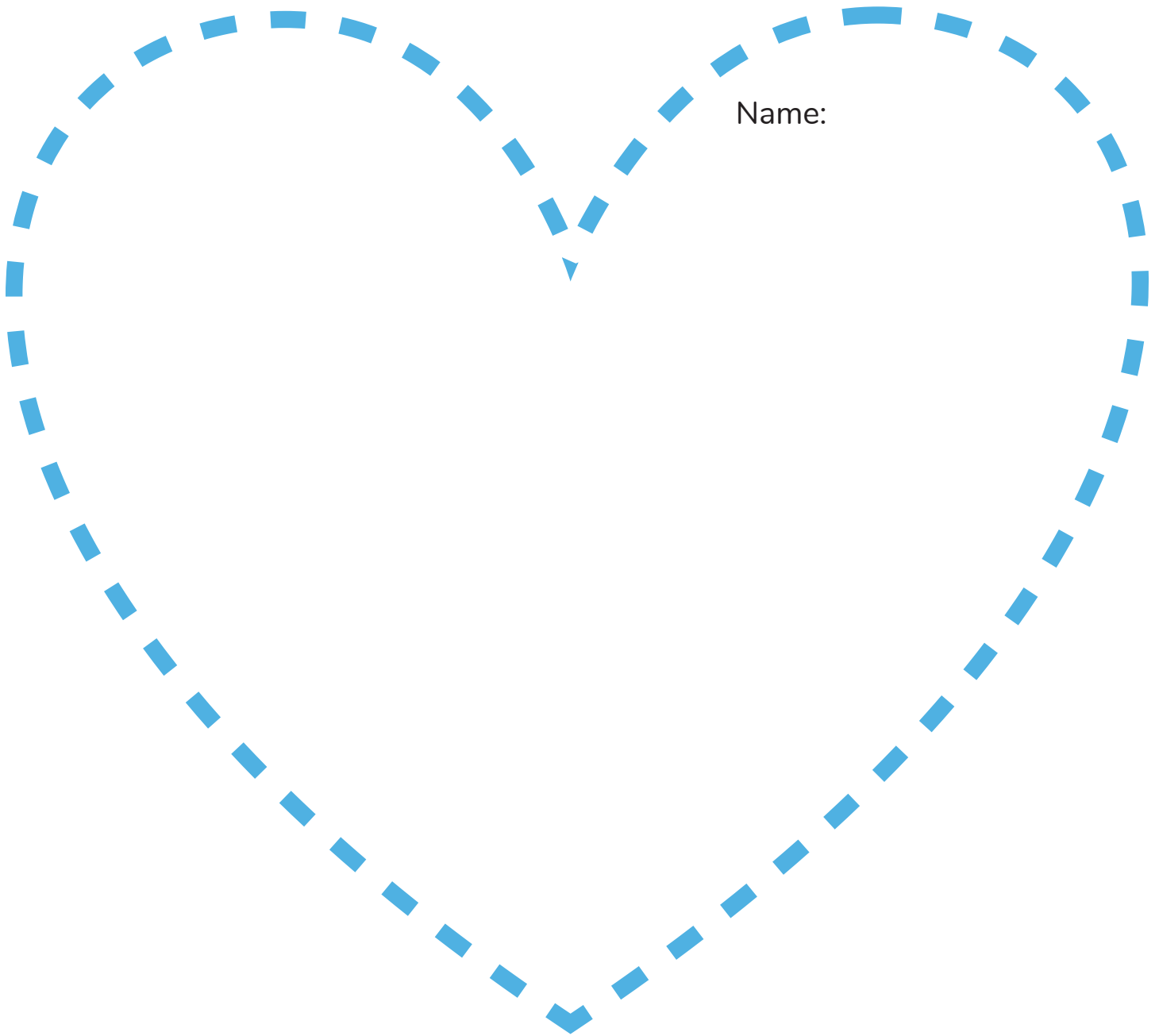
Friendship Burger

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Collecting Kindness

Kindness is everywhere! You just have to notice it! When you witness someone show an act of kindness or receive kindness from someone else, write their name on a heart along with what you witnessed. Watch and celebrate as your classroom collects loads of kindness!



Name: