



# SPREAD KINDNESS TIP SHEET FOR TEACHERS

## Spread Kindness Tip Sheet for Teachers

When children stand up to bullying they are practicing kindness and empathy toward others. Encouraging kindness can help promote positive relationships, reduce risks of bullying, and make children feel safe in school. By teaching kindness, you can help children stand up to bullying.

### WHAT IS KINDNESS?

- A way of thinking and behaving that promotes compassion for others above one's own needs or interests.
- Showing emotional or physical support to help others in need.
- Ways of showing kindness can include helping a child or adult even if you are in a rush, thanking people who help you (e.g., support staff, bus drivers, lunch supervisors), and including all children in classroom activities.
- Children define kindness as acts that involve helping, respecting, or encouraging.

### HOW CAN WE TEACH CHILDREN TO BE KIND AND SPREAD KINDNESS?

- Take the time to teach what kindness looks and sounds like and why it is important.
- Teach positive words that children can use to show kindness and respect to others, such as saying "can I help you," "please," and "thank you".
- Teach children to remain calm when they feel angry and encourage them to be kind instead of being mean or using aggression.
- Teach children to treat others with respect, even if they do not get along.
- Lead by example and show kindness to children and other adults.
- Reinforce kind behaviours by reacting positively when children engage in acts of kindness.
- Encourage peer-to-peer sharing and generosity, helping with tasks, and accepting new friends into friend groups.

## WHEN ARE CHILDREN MORE LIKELY TO BE KIND?

- Children who often receive kindness are more likely to be kind to others.
- When children are calm and not rushed or stressed.
- Children who understand what kindness is have an easier time being kind to others.
- When children understand the impact their actions or behaviours can have on others.
- Children who understand empathy and respect are more likely to be kind to others.
- Children are more likely to continue acts of kindness when they feel that their actions were positively accepted by either a peer or a trusted adult.

## WHAT ARE THE BENEFITS OF TEACHING KINDNESS?

- Being surrounded by acts of kindness can help children experience less stress and fewer negative emotions such as anger, anxiety, and sadness.
- Children who practice kindness may experience improved well-being and more positive peer relationships.
- Children who practice kindness can better manage and resolve conflicts with peers.
- Children who are kind to others may show fewer health office visits and increased school attendance.
- Children feel safer in schools that actively promote kindness toward others.
- A kind classroom atmosphere is correlated with positive academic outcomes.
- Children feel more confident in challenging themselves when they are giving or receiving kindness from peers.