



SPREAD KINDNESS TIP SHEET FOR STUDENTS

Spread Kindness Tip Sheet for Students

When you stand up to bullying you are practicing kindness and empathy toward those being bullied. Being kind to others can help promote positive relationships, reduce risks of bullying, and make others feel safe in school. By being kind to others you can help stand up to bullying.

WHAT IS KINDNESS?

- Considering the feelings of others.
- Helping others who are in need.
- Treating others with respect.
- Showing appreciation for others.
- Encouraging others.
- Can include random acts (unplanned), intentional acts (planned), or quiet acts (not always seen or heard).

HOW CAN YOU SHOW KINDNESS?

- Say “please” and “thank you” when someone helps you.
- If you see someone struggling, offer to help them.
- Include other classmates in free-time activities.
- Greet classmates and teachers with a smile.
- Share toys, equipment, games, and other activities with classmates.
- Use positive and encouraging words when talking with your peers, teachers, parents, and other adults in your school, community and at home.
- Follow class rules to help out your teacher.

WHY IS KINDNESS IMPORTANT?

- It can make you and the other person feel good.
- It can help you and your peers feel more confident.
- It can help you make new friends.
- It can help you deal with difficult situations in a positive way.
- It can help prevent conflict with others.
- It can make others feel safer in your classroom, school, and community.