



# VALUES MATTER



**KINDNESS:** Being sympathetic, helpful, compassionate, benevolent, agreeable and gentle toward people and other living things.

## CONGRATULATIONS ★★★★★ FAIRNESS STUDENTS OF THE MONTH!

The Elementary Level Student of the Month is **Brianna Young**, a first grader at **Frances S. Tucker Elementary School**. Brianna is a peacemaker in her classroom and always treats everyone equally and with an open mind and heart. Tucker Elementary held nominations for the Fairness Student of the Month and Brianna felt so strongly about her commitment to fairness that she proudly nominated herself and eloquently explained why she tries to be fair and kind to everyone both in school and at home. Brianna's teacher and classmates wholeheartedly agreed with her self-assessment and overwhelmingly elected her as the Fairness Student of the Month. Brianna always shares her crayons, papers, and games and looks out for everyone. She shows the same understanding and flexibility on the playground and models how to share and take turns. Brianna understands the reciprocity of good relationships and makes maintaining these relationships a priority.

The Secondary Level Student of the Month is **Yuliet Sanchez**, an eighth grader at **Miami Springs Middle School**. The value of fairness really spoke to Yuliet and she decided to commit herself to this principle. She modeled this when she came to school with her long hair completely cut off one Monday in December. When asked about this, Yuliet proudly explained that she had been growing her hair out so she could donate it to Locks of Love. She had learned that this organization provides hairpieces to financially disadvantaged children who have been suffering from long-term medical conditions. She thought about how unfair it was that there were kids suffering and facing ridicule and felt compelled to do something. Yuliet welcomed classmates to ask her about her new look so she could educate them about the importance of helping others.



Fairness students of the month Brianna Young and Yuliet Sanchez



## CONGRATULATIONS FAIRNESS SCHOOL OF THE MONTH!

The Values Matter School of the Month is awarded to **Hialeah-Miami Lakes Senior High School**. During the month of December, the school found several ways to make fairness a school-wide priority. They involved the entire school in an infusion of fairness by dedicating the month's journal entries and writing prompts to the subject of fairness providing students a forum to discuss equity in today's interconnected world. Additionally, the students in the Student Government Association created a fairness campaign which permeated the entire school during the month of December. This included creative expressions of fairness throughout the school, whereby visitors clearly understood that fairness was an important concept at Hialeah-Miami Lakes Senior High. Finally, Hialeah-Miami Lakes Senior High staff and students used social media to share their thoughts and commitment to continuously encouraging students to conduct themselves in an equitable and fair manner. Hialeah-Miami Lakes Senior High has been actively committed to promoting fairness this past month and to making Values Matter every day of the year.



Principal, Mr. Eric Acosta, (middle) accepting on behalf of Hialeah-Miami Lakes Senior High School. Go Trojans!



Black History Month – Briefing #18789

Student Services Week- February 1-5  
Briefing # 18825

[International Safer Internet Day – February 9](#)

[Start With Hello Week – February 8-12](#)

[No One Eats Alone Day – February 12](#)

Valentine's Day – February 14

[Random Acts of Kindness Day – February 17](#)

[World Day of Social Justice – February 20](#)

Holocaust Seminar for Educators – February 28 |  
Briefing #18805

*"Kind words can be short and easy to speak but their echoes are truly endless"*  
- Mother Teresa

# IDEAS Corner



**KINDNESS MONTH SLOGANS.** Create a slogan and make posters or bumper stickers. Display them around the room and/or use slogans as writing and illustrating prompts. The following slogans and quotes would also make great posters to display around the school:

- “Kindness can change the world.”
- “Kindness begins like a ripple of water.”
- “Kindness makes your heart glow!”
- “The kindness in people is reflected back to them.”
- “I believe in the magic of kindness.”
- “Practice random kindness.”

**WORDS HAVE POWER.** Students will learn that words can motivate, inspire, express emotions, give confidence and bring joy. Use these ideas to use kind words in powerful ways.

- Write notes of appreciation to the cafeteria workers, custodians, or other staff members who don't normally receive recognition.
- Tell someone that they are special.
- Write a letter to a friend, classmate or co-worker, highlighting their strengths.
- Play "Ten Good Things" to have students say ten good things about someone.
- Remember that words are powerful. Say something to someone that you know they want to hear -- or need to hear.
- Have a "Say Something Nice Day!"

**KINDNESS BRICK WALL.** When a student performs a random act of kindness take their photograph and put it on a construction paper brick shape. If unable to take a photo, write their name and deed on the brick and put it on the wall of kindness. Each week the kids will see the brick wall grow. A large area will be covered by the end of the month.

**THE COMPLIMENT GAME.** Give each student in the class small pieces of pre-cut paper. On each piece of paper they should write the name of a student in the class and then list all of the positive characteristics they can think of about that student. Try to have them focus on personality traits and behaviors, not physical attributes. When each child has completed their lists, they should put all of them into a box. An adult should read aloud all of the positive comments about each child. The children are usually very surprised at how many great things are said about them. If they would like, the children can keep their lists in a folder or notebook. Then, when they're feeling a little down about themselves, they can read about how wonderful other people think they are.

**TOP SECRET KINDNESS MISSION.** Each child in the class will receive a manila envelope with their name across the top along with the words TOP SECRET in bright red letters. Inside, each student will receive their mission! Each child who chooses to accept the mission will be required to do a random act of service or kindness for another person for seven days, but there's the catch! They can't let the person know that they are working on a mission – they must just do the kind act out of just that...KINDNESS! Also included in the envelope are ideas that the students could use to complete their mission like secretly clean out their mom or dad's car or write a nice note to someone telling them how much they are appreciated.



Kindness matters at Horace Mann Middle School.

**KINDNESS WISH LIST WALL.** Tape banner paper on a highly visible wall. Students, teachers, and staff are to write a kind act that they would like another student, teacher, or staff to do, not necessarily for them, but for anyone at the school. Everyone then reads an act of kindness that they would like to do and then they do it. Once the act is complete, the person should cross it out on the banner paper.

**KINDNESS WORDS TOOTHPASTE LESSON.** First have a discussion about the importance of words. Get a tube of toothpaste and start squeezing it out of the tube. Have students try to put it back in. Insist they try, even giving toothpicks or other props. Talk about words being similar to the toothpaste. Once words come out of our mouths, we cannot stop what has been heard and we can't put the words back. Negative words can have hurtful effects on others. Conclude by coming up with some nice words that can be said to one another.

**CARING FOR THE SCHOOL.** Have the class think of ways they can help care for their school. (i.e. cleaning the playground, decorating a hallway). Vote as a class which activity to complete and do that activity.

**HAND ON KINDNESS.** Trace each child's hand on a piece of paper. Ask children to think of different ways people can be kind to others. Write their ideas on each finger of the hand drawing. It can be completed as described or cut out, mounted and decorated. Hands can also be put on wall or bulletin board.



# JOURNAL ENTRIES

**Grades K-2:** Draw or write to tell about how you show kindness to other people and living things.

**Grades 3-5:** When we are kind, we show compassion toward people and other living things.

Write about a time when you have been shown compassion by another person.

**Grades 6-8:** Many experts claim that kindness is more important when becoming successful than intelligence or talent. Based on your personal experience, do you agree or disagree? Cite specific details to support your answer.

**Grades 9-12:** Many experts claim that kindness is more important to success than intelligence or talent. Based on your personal experience, do you agree or disagree? Cite specific details to support your answer.



**Friends of Rachel (FOR) Club spreading kindness at Redland Middle School.**



**Character Lessons**

**Login to your employee portal and click on the Discovery Education icon. Use the search term **kindness** to find videos and lessons.**



- ♥ **Create a kindness jar in the house. For each “act of kindness” that anyone in the family witnesses or performs, place a bean in the jar. For each unkind word or act, two beans are taken out. When you feel a good amount of time has passed or a special occasion arrives, replace all of the beans with jelly beans, Skittles, or another treat. The hope is that the kindness jar will encourage kids to act kindly in a genuine way and help show them the rewards that being kind to one another can give.**
- ♥ **Create an appreciation station in a corner of your home. Leave a post-it note pad and pen available and ask everyone to jot down notes of appreciation to one another. Notes can be posted on the refrigerator, bathroom mirror, or a designated area of the house.**
- ♥ **Discuss random acts of kindness ideas that the whole family can perform together. Set time aside to implement some of these ideas. Make sure you discuss how it felt to perform these acts.**
- ♥ **At the end of the week talk to your child about his experiences throughout the week. Specifically focus on how you both demonstrated or received kindness.**
- ♥ **Be a role model for kindness for your children. Use courtesy and politeness even when you are tired and frustrated. When your kids see you let someone in the lane when you’re in traffic or open the door for a stranger, they will model your actions in their everyday interactions.**

## Even Small Acts of *Kindness* Can Make a **BIG** Difference

- ♥ Do a chore without anyone knowing
- ♥ Donate outgrown clothes
- ♥ Write a poem for someone
- ♥ Tweet or Snapchat a genuine compliment to three people
- ♥ Smile at everyone
- ♥ Be generous with compliments
- ♥ Bring in your neighbor's trash can
- ♥ Call your grandparent
- ♥ Conserve energy
- ♥ Make your siblings bed
- ♥ Text a friend you haven't spoken to in a while
- ♥ Collect money for a charity
- ♥ Invite someone to play on the playground
- ♥ Tutor someone who needs help
- ♥ Hold the door open for someone
- ♥ Wash your parent's or neighbor's car
- ♥ Tell someone how much you appreciate them
- ♥ Clean up without being asked
- ♥ Set the table
- ♥ Bring flowers to your teacher
- ♥ Leave a happy note
- ♥ Send a card to someone in the military
- ♥ Pick up litter
- ♥ Make a new friend
- ♥ Tell someone you care
- ♥ Offer your place in line
- ♥ Visit someone who is lonely
- ♥ Show concern when someone is sad
- ♥ Tell your principal how great your teacher is
- ♥ Make a get well card for someone
- ♥ Bake a dessert for a neighbor

The random act of kindness (RAK) ticket below was created for you to use as part of random acts of kindness week. Make copies of the ticket and give them out to a few key people. Ask them to perform a RAK for someone and leave the ticket with that person. You will see kindness spread throughout your building.

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BE KIND BE KIND BE KIND BE KIND

- ♥ You just received a random act of kindness. Now it's your turn to do something kind and unexpected for someone else. Make sure to leave this ticket behind when you do.

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act of kindness



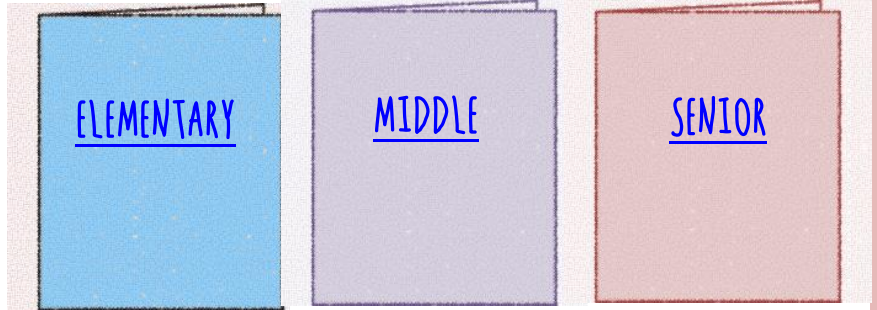


Values Matter at Madie Ives Elementary School!

# SOCIAL SCIENCES



## CHARACTER LESSONS



### KINDNESS

#### Recommended Reading List

K-2	<ul style="list-style-type: none"> <li>• Andersen, Hans Christian. <i>The Ugly Duckling</i></li> <li>• Cannon, Janell. <i>Stellaluna</i></li> <li>• Chamberlain, Margaret. <i>Please Don't Tease Tootsie</i></li> <li>• Cuyler, Margery. <i>Kindness is Cooler, Mrs. Ruler</i></li> <li>• Pfister, Marcus. <i>The Rainbow Fish</i></li> <li>• Frost, Shelly. <i>I See Kindness Everywhere</i></li> <li>• Smith, Nancy Elizabeth. <i>The Kindness Quilt</i></li> <li>• Woodson Jacqueline. <i>Each Kindness</i></li> </ul>
3-5	<ul style="list-style-type: none"> <li>• Bunting, Eve. <i>Fly Away Home</i></li> <li>• Bunting, Eve. <i>The Wednesday Surprise</i></li> <li>• Disalvo-Ryan. <i>Dyanne Uncle Willie and the Soup Kitchen</i></li> <li>• Palacio, R.J. <i>Wonder</i></li> </ul>
6-8	<ul style="list-style-type: none"> <li>• Curtis, Christopher Paul. <i>Bud, Not Buddy</i></li> <li>• Goodall, Jane. <i>The Chimpanzees I Love</i></li> <li>• Mikaelson, Ben. <i>Touching Spirit Bear</i></li> <li>• Woodson, Jacqueline. <i>Locomotion</i></li> </ul>
9-12	<ul style="list-style-type: none"> <li>• Gaines, Ernest J. <i>The Autobiography of Miss Jane Pittman</i></li> <li>• Guy, Rosa. <i>The Friends</i></li> <li>• London, Jack. <i>The Call of the Wild</i></li> </ul>



- <https://www.charactercounts.org>
- <http://www.learningtogive.org>
- <https://www.randomactsofkindness.org>
- [www.onemillionactsofkindness.com](http://www.onemillionactsofkindness.com)
- [www.spreadkindness.org](http://www.spreadkindness.org)