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Building Healthy School Ecosystems through Social Emotional Learning

NEW! Grab n Go SEL Activities!

New! [SEL Activities: Spreading Kindness & Inspiring Others Distance Learning Mini Lessons](#) on Kindness [Classroom Activities and Resources](#) for developing a vital character trait [10 Kindness Lessons And Activities](#) (for elementary students)

For more activities, please see our [February Monthly Theme](#) (Spreading Kindness & Inspiring Others) resources at the bottom of this newsletter.



February Monthly Theme: Spreading Kindness & Inspiring Others

[From the Random Acts of Kindness Foundation:](#)

RANDOM ACTS OF KINDNESS FOUNDATION

#ExploreTheGood - #MakeKindnessTheNorm

RANDOM ACTS OF KINDNESS DAY - Wednesday, February 17, 2021

The Random Acts of Kindness Foundation (RAK) is proud to announce Random Acts of Kindness Day, Wednesday, February 17th, 2021!

We are upholding this annual tradition of celebrating kindness because we know everyone can use more kindness in their lives. Scientific evidence shows us the positive effects of doing kind acts for others as well as receiving or even witnessing kindness. Even the smallest act of kindness can change a life.

In 2021, we encourage everyone to *Explore the Good and Make Kindness the Norm*.

Stories come to us on a daily basis. They are beautiful and heartwarming, but mostly they give us hope. We hear of seemingly insignificant moments where a stranger helps another stranger and impacts the rest of their life with a small gesture. When we tune into kindness happening around us, the day seems a little bit brighter. The week seems a little more manageable.

These stories are nothing new or unique. They are YOUR stories. They are OUR stories. Help us Make Kindness the Norm by spreading it in the simplest ways.

Even with all the challenges facing society, the Random Acts of Kindness foundation wants to remind the world that there is still so much good going on.

We encourage participants to join our RAKtivist community and continue to explore the good all year long.

Learn more about how you can participate in Random Acts of Kindness Day 2021, by clicking [here](#).

Upcoming Events:

Save the Date! June 21st-24th and July 19th-22nd
RIM (Reimagining Your Inner Magician) Training for Teachers, Behaviorists/Paras, Social Workers, Deans, Nurses and others that want new methods for transforming negative emotion to positive emotion. To learn more about RIM, click [here](#). Watch one of our latest [forums](#) with special guest and founder of the RIM Institute, Dr. Deb Sandella.

Please enjoy additional resources below on Spreading Kindness & Inspiring Others! If you have ideas, requests or recommendations for future forum topics or guests, please reach out to Ellen Sarkisian at esarkisian@generationschools.org.

FEBRUARY MONTHLY THEME: *Spreading Kindness & Inspiring Others*

Teachers	<i>Join Random Acts of Kindness Foundation live on ClassTag's Twitter & Facebook chat on February 15th and 17th!</i>
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	<p>Activities for Teachers</p> <ul style="list-style-type: none"> • Download these annual kindness calendars for both work and home to start a daily habit of kindness • Read an article and watch a TED Talk on "How to be Kinder to Yourself" <p>Teacher Reflection</p> <ul style="list-style-type: none"> • Participate in the Random Acts of Kindness Challenge • Listen to this Kindness Mindfulness Exercise
<p>Students</p>	<p><i>Recommended GSN Units: Exploring Culture, Identity, and Social Justice, Mindfulness, and Effective Communication for Healthy Relationships.</i></p> <p>NEW! Grab n Go SEL Activities</p> <ul style="list-style-type: none"> • New! SEL Activities: Spreading Kindness & Inspiring Others • Distance Learning Mini Lessons on Kindness • Classroom activities and resources for developing a vital character trait • 10 Kindness Lessons And Activities (for elementary students) <p>Additional Resources</p> <ul style="list-style-type: none"> • Participate in Random Acts of Kindness Week (February 14 - 20th) • Use this Kindness Recognition Certificate in your classroom • Watch these Kindness videos with your students • Add this 50+ Ways to Be Kind Poster to your classroom
<p>Parents & Caregivers</p>	<p><i>Here are some resources and activities to include in your next parent/family newsletter.</i></p> <p>Parent/Family Engagement Ideas</p> <ul style="list-style-type: none"> • Your school can facilitate monthly webinars as outlined by CASEL's Facilitators Guide: SEL Discussion Series for Parents and Caregivers (Session 6 - Fighting Fair) • Promoting SEL at Home - Relationship Skills (available in English and Spanish) • Participate in the Random Acts of Kindness Challenge!

SEL Activities at Home

- Work on Kindness [Coloring Pages](#) or "[Kindness Trees](#)" (for elementary students)
- Use Kindness [Bingo Cards](#) and [Bookmarks](#) (for all ages)

Administration

Strategies for facilitating staff meetings and professional learning engagements.

Activities for Adults

- A [poster](#) showing various ways you can be kind while at work. Hang this in the break room to inspire your team!
- Recognize your staff for their kindness by presenting them with a [Kindness Award Certificate](#).

Supporting Staff & Students

- Conduct a staff discussion on "how to be kinder to yourself" using this [article](#) and [TED Talk](#) as resources.
- Customize your school's [social media profiles](#) for Random Acts of Kindness Day on Wednesday, February 17th!
- Start a fun game of [Kindness Tag](#) at your school where staff and students do anonymous acts of kindness.

Upcoming...

March Monthly Theme:
Mindfulness & Physical Activity

GSN ONLINE STORE

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