

Simple and Quick **MAD** MAKE A DIFFERENCE ways to bright up someone's day

- **Grab a stack of sticky notes** and spend five minutes writing positive statements on them. Then place the sticky notes anywhere that needs a little kindness like an office, a bus stop, a waiting room, a library a parked car, a hallway, or hidden around your home!

Here are a few phrases to get you started:

- You know who's awesome? Read that first word again.
- Throw kindness around like confetti.
- Hey, you're great.
- Just remember you are an inspiration to someone.
- Love and Kindness are contagious.
- One kind word can change someone's entire day.
- Be the reason someone smiles today.
- Psst...you're amazing.

MAD Kindness Activity Wall

Purpose: to make a difference and to do kindness acts for each other: students, teachers, and staff

Materials: a large (5-7' long) sheet of Coloured paper, coloured markers, bin, masking tape.

Directions:

- Tape coloured paper on a highly visible wall.
- Students, teachers and staff are to write (using the markers in the bin next to the wall) a kind act that they would like another student, teacher, or staff to do, not necessarily for them, but for anyone to do while at school. **For example:** sit by someone who is sitting alone at lunch, help tutor someone who needs extra help, pick up rubbish in the hallway or carpark, say something kind to someone you do not know, write a thank you note to a teacher, make a new friend today, etc.
- Each person reads an act of kindness that they would like to do then they do it!
- Once the act is complete, the person crosses it out on the paper.

Suggestions: Introduce these lessons to students so that they understand the expectations and purpose/goal of these activities. Say, "Since this is a kind activity meant to help us all create a kinder school by being kinder people, we all need to write kind things (*words that will not offend anyone such as bad language or inappropriate activities*). We can do this because of the kind people we already are! Let's keep our overall intention of Making a Difference and spreading kindness at (*school name*) focused on what is good! Set a personal intention by making it your goal to write and complete one activity each day. Together, we can make (*school name*) the 'MAD'est & kindest school ever!" *Adults will need to monitor what is being written and Sharpie out any inappropriate things.*

The **MAD** Jar of Kindness

Purpose: to do kindness acts for each other: students, teachers, and staff.

Materials: a BIG jar or another container (one per classroom and one for the staff), kind acts written out on strips of paper (enough so that everyone gets an activity)

Directions:

1. Print kind acts onto strips of paper: **For example:** sit by someone who is sitting alone at lunch, help tutor someone who needs extra help, pick up trash in the hallway, say something kind to someone you do not know, write a thank you note to a teacher, make a new friend today, etc.
2. Put strips into the big jar.
3. Each person pulls one strip out and is encouraged to do that kind act with in the week.
4. Using the Five W's (Who, What, Where, Why, When, and How) have students write a **MAD** journal where they keep details of the kind acts they had done or seen AND encourage share aloud their kind activity experience. Staff can share at their staff meetings or professional development days.

- **As a class, take time to write letters** and put up signs showing your appreciation for the people who take care of your school! Keep your classroom so clean that they won't have anything to pick up.
- **Track acts of kindness By class or Year:** This is a great way to emphasize that kindness is important to your school. Every week, try highlighting an act of kindness from each year or Class.
- Set up a **Thank You Note Station** at your School: Studies show that practicing gratitude increases positive emotions and happiness. Create a thank you note station by gathering construction paper, markers, and fun materials in one spot. This could be set up in a hallway or even in the principal's office for students who get in trouble during class.
- **Compassion Discussion** Have students discuss what it means to make a difference and to show compassion to others (*i.e. thinking about others' needs, not just our own, noticing when others are sad or are in need, listen closely when others talk to you, doing what you can to help.*)
- **Handling Conflict with Kindness.** Have students think of situations where they have become angry and upset, and share how they handled those situations. Have them brainstorm how they could have responded to the situation with kindness.
- **Kindness Checklist** Have students create individual Kindness Checklists to encourage them to complete several daily acts of kindness. Activities could include: *picking up rubbish, smiling and saying thank you to the bus driver, helping a friend or doing anything else that is kind.*

