



The Great Kindness Challenge Toolkit

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THE GREAT KINDNESS CHALLENGE



What?

The Great Kindness Challenge is a proactive and positively powerful anti-bullying tool.

The Great Kindness Challenge-School Edition is one week devoted to performing as many acts of kindness as possible on campus.

Using the provided checklist of 50 kind acts, students take the challenge and prove that bullying is weak and kindness is strength.

Why?

All kids deserve to learn in a safe, supportive and dynamic environment. The Great Kindness Challenge provides a powerful tool that actively engages students, teachers, administration, families and community in creating a school culture of acceptance, tolerance, unity and respect.

Simply put, we believe that KINDNESS is strength and has the power to change the world for GOOD!

Who?

All students, grade K-12, are encouraged to participate.

How?

It's easy! Simply copy the provided GKC checklist and ask classroom teachers to distribute the checklist to each of their students. Using the GKC checklist, the students work independently, in small groups or as a whole class to complete all 50 challenges. It is suggested that the students keep their checklists on campus for daily use throughout the week.

When?

The last week of January.

Where?

The 50 kind acts are to be accomplished anytime on campus. The students are encouraged to continue sharing their kindness at home, in their communities and in our world.

267 schools participated in 2013

Over 5 million acts of Kindness!

"Bullying among children is understood as repeated, negative acts committed by one or more children against another." (Juvenile Justice Bulletin)

We offer a proactive response to bullying through repeated, positive acts for another.

CREATING KINDNESS A-Z

Fun and meaningful ideas to enhance the GKC experience

Assembly

- Host an assembly or rally to kick-off the week. [Sample scripts](#)
- Host an assembly at the end of the week to celebrate the students' accomplishments.

Banners

- Students paint kindness-themed banners to hang at school or in the community.
- Order a preprinted banner and hang in front of your school.

Coins for Kindness

Students collect coins to expand The Great Kindness Challenge to kids in need worldwide.

[Coin for kindness info](#) and [parent letter](#)

Decorate Doors

- Have a kindness-themed door decorating contest.

Essay Contest

- Have a kindness-themed essay contest.

Fence Decorating

- Spell out "KINDNESS MATTERS" on a chain-link fence.

Games

- Play collaborative games at recess or class time.
- Play the [Guess Your Kind Message](#)

Heart Photo

- Take a school-wide heart-shaped photo.

Incentives

- Provide individual incentives for students who complete the GKC. (Kindness Matters bracelets [order here](#), lunch with the principal, homework pass, stickers, pencils, gift certificates, books, etc.)
- Provide schoolwide incentives to encourage collaborative participation. (Special principal dance or inspirational stunt, extra recess time, no homework night, pizza party, ice cream social, uniform-free day, celebrity visitor, etc.)
- Invite students to create a [Kindness Matters 365](#) masterpiece.
- Seek community partners to provide incentives.

Join together for a Community Kindness Tunnel

- Invite community members (police, firefighters, elected officials etc.) to join staff members in welcoming students with high fives, encouraging signs and smiles.



Kindness Chain

- Each student adds a paper link to a schoolwide chain. Display the Kindness Chain in the office, auditorium, cafeteria, library, hallway, etc.

Like us on Facebook

Click [here](#). Get inspired and keep updated. Check out previous pictures and albums for more GKC ideas.

Marquee

- Post the GKC on your school marquee.

News

- Highlight the GKC in your school newspaper, radio station or television station.
- Promote the GKC in your local media. [Media Section](#)

Outreach

- Inform parents/guardians about the Great Kindness Challenge with our [Parent Letter](#), robo calls home, website announcements, and email blasts. Encourage parents/guardians to encourage their student(s) to complete all 50 kindness challenges.

Proclamation

- Ask your city council to honor your school with a Kindness Proclamation.

Quotes

- Start each day with a kindness quote read over the school's intercom system. [Kindness Quotes](#)
- Invite a public official, celebrity or other esteemed guest to read the daily quotes.

Recess Kindness Station

- Have a designated space where students can work on their challenges. (Write thank you notes, paint Kindness Matters signs, decorate hearts, etc.)
- Encourage the community to volunteer at the [Kindness Station](#).

Spirit Days

- Crazy for Kindness: Wear crazy hair.
- Kindness Rocks!: Dress like a rock star
- Nothing Beats Kindness or Team Kindness: Wear your favorite sports uniform
- Ride the Kindness Wave: Wear beach/surf attire
- Global Kindness Day: Dress up in international costumes
- Powered by Kindness: Dress as your favorite Super Hero
- Dream of Kindness: Pajama day
- Wild About Kindness: Dress up like favorite animal
- Peace, Love & Kindness Day: Hippie Attire
- Bee Kind Day: Dress as a bee or a favorite bug.

Tally Your Kind Acts

- Using our provided classroom tally sheet, track your students' kind acts. At week's end, collect all tally sheets and add together to discover the total number of kind deeds performed by your school. [GKC Tally Sheet](#)

Unite the Big and Small

- Team an older classroom with a younger classroom and take on a challenge or two together.

Video

- Share our “Kind-Hearted Hand” music video with your school. Coming Soon!
 - Create a video highlighting the joy of the week. Feature the video at a celebration assembly, on your school’s website or on YouTube for the whole world to see.
- Hold a student kindness video contest.

Wall of Kindness

- Designate a special wall to post pictures of kindness, list students’ accomplished kind acts, share encouraging words for fellow classmates, etc.

Express Appreciation with Kindness Cards

- Pass out “Caught You Being Kind” cards to students demonstrating kindness.
- Create a special kindness mailbox for students to place kind notes.

Yearbook

- Feature the Great Kindness Challenge in your school’s yearbook.

Zones for Kindness

- Create a special space in each classroom to work on the GKC checklist.
- Adopt language arts centers or stations to include a kindness-themed activity.



Community Kindness Tunnel



Wall of Kindness

Courtesy of Calavera Hills Middle School, Carlsbad, CA



School-wide Heart Photo

Courtesy of Birney Elementary, San Diego, CA

PROMOTING THE GKC

There are many great ways to spread the word and involve more people.

- Send our [Save the Date](#) to staff, families, school district personnel, community leaders, etc.
- Promote on the school marquee.
- Invite the PTA/ PTSA to help implement and promote the GKC.
- Post it on the district website.
- Post it on your school website and newsletter.
- Include the [Parent Letter](#) in the weekly student envelope or in an eblast.
- Prepare a [Press Release](#) and send to local media outlets.
- Join our Facebook community to be a part of the global movement.
- Tweet about the GKC using #kindnessmatters.
- Announce the GKC using automated phone calls to families' homes.
- Write an Op-Ed on kindness and submit it to your local paper.



MIDDLE & HIGH SCHOOL ADAPTATIONS

The Great Kindness Challenge is appropriate for all grade levels. Most of the [Create Kindness A-Z Ideas](#) work for older students, but may need to be slightly adjusted. Here are a few tips:

- Distribute the GKC checklist during a period that all students have such as homeroom or English.
- Encourage the ASB (Associated Student Body) to organize and promote the GKC.
- Promote the GKC in your school newspaper, television station or radio station.
- Offer incentives for participation such as free homework passes, extra credit, tickets to a school dance/ event, certificates for free food, iTunes gift cards, school spirit wear, [Kindness Matters bracelets](#), etc.
- Set-up a “[Kindness Station](#)” during lunch break.
- Invite each school club to create a kindness-themed banner to hang on campus.
- Ask the art department to create a kindness-themed masterpiece.
- Invite the music department, band or choir to perform [Kind-Hearted Hand](#).
- Host a door decorating contest with the homeroom or first period classes.
- Have the pep squad/cheer squad create a special rally, cheer or dance with a kindness theme.
- Invite each sports team to take a picture with a Kindness Matters sign. Highlight the photos publicly.
- Ask the Speech and Debate Club to moderate a kindness-themed speech contest.
- Encourage students to video a six second kind act from the GKC checklist and post it on Vine.

WEEKLY SCHEDULE SAMPLES

Sample 1

Monday: Welcome all students to school with a Community Kindness Tunnel; Distribute [GKC checklists](#);

show video (<http://www.greatkindnesschallenge.org/School/event.html>); Spirit Day-Crazy for Kindness

Tuesday: Morning [kindness quote](#); Door Decorating Contest; Spirit Day-Ride the Kindness Wave

Wednesday: Morning kindness quote read by special guest; Spirit Day-Nothing Beats Kindness Day

Thursday: Morning kindness quote; Spirit Day-Powered by Kindness

Friday: Morning kindness quote; Door decorating contest classroom winner announced; GKC checklists [tallied](#) by each classroom; students receive [Kindness Matters bracelets](#) for participating

Sample 2

Monday: [Kick-off rally](#); Distribute [GKC checklists](#); Begin the [Coins for Kindness](#) campaign

Tuesday: Write Kindness Matters on the school fence using paper cups; [Kindness Station](#) during recess

Wednesday: Show the Kind-Hearted Hand YouTube video; Kindness Station during recess; Create a school-wide Kindness Chain to hang in the auditorium

Thursday: Collaborative games at recess; Unite the Big and Small school-wide reading (older students read with younger students)

Friday: Coins for Kindness collected; Kind deeds [tallied](#) at day's end; [Kindness Matters 365](#) masterpiece created

COMMUNITY OUTREACH

Community Outreach

We encourage you to partner with your community to support your efforts in creating a culture of kindness. You may engage local service clubs (Rotary, Lions, Optimists, Soroptimists, etc.), elected officials, active military, veterans, senior citizens, and/or local businesses.

Menu of Volunteer Opportunities

Pre-Event

- **Help prep for the Great Kindness Challenge**

1. Paint and hang “Kindness Matters” signs with students. *(1-5 hours on campus)*
2. Make copies of the GKC checklist for all students. *(1-2 hour on campus)*
3. Help design a school-wide incentive for students who complete the 50 kind deeds. *(1-10 hours remote)*
4. Help classrooms decorate kindness-themed doors. *(1-5 hour on campus)*
5. Assist with the school marquee to advertise the GKC. *(1 hour on campus)*
6. Have a talent to share? Help create the school’s kick-off assembly. *(1-5 hours off or on campus)*
7. Offer to pitch in wherever needed. *(1+ hours on and off campus)*

- **Evaluation and Statistics**

1. Help distribute, facilitate and/or analyze pre-evaluation surveys. *(1-5 hours on and off campus)*

Event

- **Assist with the “Kindness Stations” during recess.** This is joyful hands-on work to assist students as they complete several challenges such as writing thank you notes to staff, painting kindness posters, decorating hearts with inspirational messages, etc. *(1-5 hours on campus)*
- **Assist Be a special guest to read the school’s kindness quote over the intercom system.** *(1 hour on campus)*
- **Help judge a school’s anti-bullying essay contest.** *(1-10 hours remote project)*
- **Greet and encourage students during our Community Kindness Tunnel.***(1 hour on campus)*

Post-Event

- **Evaluation & Statistics**

1. Count the total number of kind deeds using each classroom’s tally sheets. *(1-3 hours off or on campus)*
2. Help distribute, facilitate and/or analyze post-evaluation surveys. *(1-5 hours off or on campus)*

- **Help recognize participating students with certificates or other incentives** *(1-15 hours on campus or remote)*
- **Help with a post-event GKC Celebration**

MEDIA

Plan Ahead & Boost Your Media Success

Two weeks ahead of GKC:

Write a Media Alert or a [Press Release](#) about the upcoming GKC event.

Email the Media Alert or Press Release to all your local media outlets (radio, newspaper and television). Their contact info can be found on their websites.

Call community calendar reporters at area newspapers and TV, cable and radio stations, and ask them to place a calendar notice about the GKC event.

One week ahead of GKC:

Email the Press Release again and follow up with a phone call.

A couple days prior to the GKC:

Call the media outlets again to make sure they received the Media Alert/ Press Release & politely remind them about the GKC.

During the GKC week:

When the reporters arrive, have members of your group assigned to greet them, set up interviews with the right people and escort media to the appropriate spokesperson.

Remember to take photos to accompany articles in newsletters and other publications and for your own files.

After the GKC:

Send a news release to any reporters who were unable to attend.

Send follow-up letters for publication in local newspapers to thank the community and inform them of your success.

Write a follow-up article for inclusion in appropriate community publications. Illustrate with photos from the event. Include information on how many people attended, what the results were, etc.

Partner with the MEDIA to get the word about the GKC out there! Show your community that Kindness Matters!

If the local media does not personally come out to cover the story, you may submit your own story and photos after the GKC event. Local news publications are always looking for a heart-warming community story.

According to StopBullying.gov, in order to combat bullying, schools must “encourage students to show thoughtfulness and respect for peers, adults and the school.”

National Education Association reports that school bullying statistics are startling:

- 83% of girls and 79% of boys report experiencing harassment
- 160,000 children cut school daily to avoid peer attacks and intimidation

Sample Press Release

Press releases
should cover:
WHO is involved
WHAT is happening
WHEN will it happen
WHERE will it happen
WHY or HOW is it happening

FOR IMMEDIATE RELEASE:

[Date]

Contact: [name, phone, address, e-mail, etc.]

[Insert School]

[SCHOOL NAME] TAKES THE GREAT KINDNESS CHALLENGE

[City, State] – [School] encourages community members and businesses to come together and participate in The Great Kindness Challenge, January 27-31, 2014. The Great Kindness Challenge is a positive, proactive anti-bullying initiative, reaching millions of students during the last full week of January every year.

Local events/activities to help support a safe and caring school environment include [Insert local event(s), include location, time, activities, etc.]. [Your School], in collaboration with Kids for Peace, is sponsoring the event.

****OR****

(Use the paragraph above or below to best describe your upcoming bullying prevention efforts.)

In order to create a consistent, positive message throughout our school and community, [School] is implementing [Insert activities] and local businesses are [Insert activities].

“This free program teaches so much of value to students of all ages; in fact, to adults as well. In addition to random acts of kindness, participants actively seek out purposeful acts of kindness. We hope their efforts have an enduring effect.” John A. Roach, Ed.D, District Superintendent
[Insert community spokespersons quote]

[Insert local statistics]

The Great Kindness Challenge School Edition was created by Kids for Peace to provide schools a tool for creating a positive school environment. In 2013 111, 8444 students participated and performed over 5 million acts of kindness nationwide. The Great Kindness Challenge is generously sponsored by the Carlsbad Charitable Foundation, SDGE, NRG, The Code Crew, ExaMobile, The New Children’s Museum, The Super Dentist, Positively Kids, Next Generation Yoga, Bricks for Kidz and the Good Food Factory.

www.greatkindnesschallenge.org

Kids for Peace, a global 501(c)(3) nonprofit that provides a platform for young people to actively engage in socially conscious leadership, community service, arts, environmental stewardship and global friendship.

www.kidsforpeaceglobal.org

For more information on Kids for Peace or The Great Kindness Challenge please contact Jill McManigal at 760-730-3320.

Sample PSA & Advertisement

:15 second Public Service announcement (PSA)

Community Members...help create awareness of The Great Kindness Challenge, a week dedicated to performing millions acts of kindness on campuses nationwide! We can all play a part in creating a bully-free, safe and caring school environment!

To find out more go to www.greatkindnesschallenge.org

:30 second Public Service announcement (PSA)

Community Members...help create awareness of The Great Kindness Challenge, a week dedicated to performing millions acts of kindness on campuses nationwide! We can all play a part in creating a bully-free, safe and caring school environment!

To find out more go to www.greatkindnesschallenge.org or call 760-730-3320. Let's all come together and show that KINDNESS MATTERS!

Sample Newspaper Ad



The Great Kindness Challenge is a week dedicated to performing millions acts of kindness on campuses nationwide!

Support the **[Insert School Name]** in creating a bully-free, safe and caring school environment!

Contact **[School Spokeperson]** to find out how you can be part of this transformational initiative!

www.greatkindnesschallenge.org

Newspaper Ad
that can be used to
advertise in your local
media outlets.

Remember to include your
school's activities!

RESOURCES

Related Studies & Research Articles:

“Bullying in Schools: An Overview” by Ken Seeley, Martin L. Tombari, Laurie J. Bennett, and Jason B. Dunkle <http://www.ojdp.gov/pubs/234205.pdf>

“Kinder children are more popular” by Victoria Gill <http://www.bbc.co.uk/news/science-environment-20851434>

“Kindness Counts: Prompting Prosocial Behavior in Preadolescents Boosts Peer Acceptance and Well-Being” by Kristin Layous, S. Katherine Nelson, Eva Oberle, Kimberly A. Schonert-Reichl, Sonja Lyubomirsky <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0051380>

“Acts of Kindness: Key to Happiness for Children & Teens” by Marilyn Price-Mitchell, Ph.D. in The Moment of Youth http://www.psychologytoday.com/blog/the-moment-youth/201301/acts-kindness-key-happiness-children-teens?goback=%2Egde_2053471_member_200549162

“Brain can be trained in compassion, study shows” by Jill Ladwig <http://www.news.wisc.edu/21811>

Anti-Bullying Resources:

Anti-bullying Programs antibullyingprograms.org

Beyond Bullies beyondbullies.org

Bully Frog bullyfrog.com

Bully Police bullypolice.org

Bully Proof Classroom bullyproofclassroom.com

Bully Research Network <http://brnet.unl.edu>

Bullying Statistics bullyingstatistics.org

Champions Against Bullying championsagainstabullying.com

Cyber Bullies Beware (Bully Frog) cyberbulliesbeware.com

Defeat The Label defeatthelabel.com

GLSEN www.glsen.org

HMH Education Incident Reporting hmeducation.com/learningenvironment/

The Humanity Project thehumanityproject.com

I Choose whatdoyouchoose.org

It Gets Better Project itgetsbetter.org

National School Climate Center schoolclimate.org/prevention

Solutions For Bullying solutionsforbullying.com

Stand For The Silent standforthesilent.org

Stopbullying.gov stopbullying.gov

Stop Bullying: Speak Up cartoonnetwork.com/promos/stopbullying/

Other Useful Links:

51 Literature Guides to inspire acts of kindness from GenerationOn: http://learningtogive.org/teachers/literature_guides/

Introduction to Philanthropy Lesson Plans Grade K-12 from GenerationOn: <http://learningtogive.org/teachers/>

Kindness Quotes: <http://www.randomactsofkindness.org/inspirational-kindness-quotes>

Friend Our World Anti-Bullying Forum: <http://www2.friendourworld.org/friendly-schools-global-forum/>

Kindness Quotes

“Despite everything, I believe that people are really good at heart.” (Anne Frank)

“How wonderful to think that no one need wait a moment before starting to improve the world.” (Anne Frank)

“No act of kindness no matter how small is ever wasted.” (Aesop)

“A little consideration, a little thought for others, makes all the difference.” (Eeyre)

“The ideas that have lighted my way have been kindness, beauty and truth.” (Albert Einstein)

“When words are both true and kind they can change our world.” (Buddha)

“Love is the only force capable of turning an enemy into a friend.” (Dr. Martin Luther King, Jr.)

“Life’s most persistent and urgent question is “What are you doing for others?” (Dr. Martin Luther King, Jr.)

“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.” (Desmond Tutu)

“To be kind is more important than to be right...many times what people need is not a brilliant mind that speaks but a special heart that listens...” (Unknown)

“Treat everyone with kindness and respect, even those who are rude to you...not because they are nice, but because you are.” (Unknown)

“Choose to be kind over being right and you’ll be right every time.” (Richard Carlson)

“Here is my secret. It is very simple: It is only with the heart that one can see rightly; what is essential is invisible to the eye.” (The Little Prince)

“There is no greater joy nor greater reward than to make a fundamental difference in someone’s life.” (Sister Mary Rose McGeady)

“Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.” (Mother Teresa)

“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars and change the world.” (Harriet Tubman)

“Go into the world and do well. But more importantly, go into the world and do good.” (Minor Myers, Jr.)

“Raise your words, not your voice. It is rain that grows flowers, not thunder.” (Rumi)

“Nothing can make our life, or the lives of other people, more beautiful than perpetual kindness.” (Leo Tolstoy)

“It was only a sunny smile, And little it cost in the giving. But like morning light, it scattered the night, and made the day worth living.” (F. Scott Fitzgerald)

“Be kind whenever possible. It is always possible.” (Dalai Lama)

“Just one act of kindness that you perform, may turn the tide of another person’s life.” (Unknown)

“The common mistake that bullies make is assuming that because someone is nice that he or she is weak. Those traits have nothing to do with each other. In fact, it takes considerable strength and character to be a good person.” (Mary Elizabeth Williams)

“A smile is the beginning of peace.” (Mother Teresa)

“The majority of us lead quiet, unheralded lives as we pass through this world. There will most likely be no ticker-tape parades for us, no monuments created in our honor. But that does not lessen our possible impact, for there are scores of people waiting for someone just like us to come along; people who will appreciate our compassion, our unique talents. Someone who will live a happier life merely because we took the time to share what we had to give.” (Leo Buscaglia)

“Be pleasant until 10 o’clock in the morning and the rest of the day will take care of itself.” (Elbert Hubbard)

“Imagine all the people living life in peace. You may say I’m a dreamer, but I’m not the only one. I hope someday you’ll join us, and the world will live as one.” (John Lennon)

“Let today be a day to let Kindness rule all your actions.” (Jonathan Lockwood Hui)

“Seek to do good, and you will find that happiness will run after you.” (James Freeman Clarke)

“Kind words will unlock an iron door.” Turkish Proverb

“The greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater is our own sense of well-being.” (Dalai Lama)

“Simple kindness may be the most vital key to the riddle of how human beings can live with each other in peace and care properly for this planet we all share.” (Bo Lozoff)

“We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.” (Mother Teresa)

“In about the same degree as you are helpful, you will be happy.” (Karl Reiland)

“If someone listens, or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen.” (Loretta Girzaitis)

“Whatever you say, say with kindness.” (Jonathan Lockwood Huie)

“Kind hearts are the gardens. Kind thoughts are the roots. Kind words are the flowers. Kind deeds are the fruits. Take care of your garden and keep out the weeds. Fill it with sunshine, kind words and kind deeds.” (Henry Wadsworth Longfellow)

“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.” (Helen Keller)

“For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.” (Audrey Hepburn)

“Happiness is when what you think, what you say, and what you do are in harmony.” (Mohandas Gandhi)

“A warm smile is the universal language of kindness.” (William Arthur Ward)

“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.” (Princess Diana)

“There is overwhelming evidence that the higher the level of self-esteem, the more likely one will be to treat others with respect, kindness, and generosity.” (Nathaniel Branden)

“Happiness is not a station you arrive at, but a manner of traveling.” (Margaret B. Runbeck)

“Kindness is the language which the deaf can hear and the blind can see.” (Mark Twain)

Assembly/Rally Script Samples

Sample Kick-off Rally Script 1

The below script was proudly created by the Student Council of Jones Elementary School in San Diego.

Play [Kind-Hearted Hand](#) as students enter the auditorium/multi-purpose room

Announcer 1: Good Morning _____ Elementary. Hello students and teachers. Welcome to our Great Kindness Challenge Kick-off rally!! We are SO HAPPY to be here and tell you all about this week of KINDNESS. This week all across San Diego and all across the United States of America, students are taking the Great Kindness Challenge RIGHT NOW!! From today until Friday, I challenge YOU (point at students) to do as many kind acts as possible.

Can I get an “oh yeah????”

Students: OH YEAH!

Announcer 2: This is one week where each of YOU (point to students) can give the GIFT of KINDNESS. This is The Great Kindness Challenge checklist (holds up GKC checklist). Each student will get one of these today in your classroom. I challenge you to do as many kind acts as possible using this checklist.

Can I get an OH YEAH?

Students: OH YEAH!

Announcer 3: You may be thinking what is a kind act? For instance you can put a nice note in your friends backpack. (Demonstrate 2 kids doing this)

Can I get an OH YEAH?

Students: Oh Yeah!

You can pick up trash and help save your school and make it beautiful and green-friendly.
(show someone picking up trash)

Can I get an OH YEAH?

Oh Yeah!

You can do something special for your principal or for your teacher.

(Act out someone bringing a flower to principal or a teacher)

Can I get an OH YEAH?

Oh Yeah!

Announcer 4: Your teacher will be distributing kindness checklists out to each of you. During the week you will place a check mark on the kind act you have performed. At the end of the week when you turn in your checklist, our principal will be giving you a very special gift.

Can I get an OH YEAH?

Oh Yeah!

Announcer 5: Also to remind us of all the wonderful kind acts we have done this week, I want you and you and you, and every single one of you to fill out a kindness card (show kindness card). The kindness card is where you write down the kind acts you have done and turn them into your classroom's special Kindness Box (show decorated box). We will be selecting a few kind acts daily to display on an awesome bulletin board collage in front of the school.

Can I get an OH YEAH?

Oh Yeah!

Announcer 6: On Wednesday we will have Lend a Helping Hand Day. We will each wear a glove which will signify that we are lending a helping hand to each other.

OR

On Wednesday ---it will be I 'm Crazy for Kindness Day. You can either wear crazy hair or mismatched clothes to show that you are Crazy for Kindness. (1-2 students step forward with crazy hair and clothes.)

Announcer 8: This is going to be one seriously HAPPY week! I can't wait to get started on my checklist. And I see we have 15 friends who are fired up and ready to go too. Hit it friends!

15 pre-chosen students stand up with each holding one letter to spell out KINDNESS MATTERS.

One at a time, the students call out, "Give me a K" (School-"K") Give me an "I" (School- "I") Give me an N (School-"N") etc. (Hold up each letter as it is shouted out)

Announcer 9: Yes, KINDNESS definitely MATTERS!! So, I have a cheer for you. Repeat after me! When I say KINDNESS, you say MATTERS.

KINDNESS---MATTERS...KINDNESS---MATTERS. I can't hear you!!!

When I say KINDNESS, you say MATTERS. KINDNESS---MATTERS...KINDNESS---MATTERS.

When I say BE, you say KIND. BE---KIND...BE---KIND

When I say BE, you say KIND. BE---KIND...BE---KIND

When I say (school name), you say WE CARE. (school name)---WE CARE....(school name)--WE CARE

When I say KINDNESS, you say MATTERS. KINDNESS---MATTERS KINDNESS---MATTERS.

Oh YEAH!!! Great job (name of school)!!

Principal: Well, I'm sure fired up and ready to go!!

Let's make this the BEST week EVER! Have fun and remember.....KINDNESS MATTERS

Play [Kind-Hearted Hand](#) again as students depart.



Courtesy of Jefferson Elementary, Carlsbad, CA

Sample Kick-off Rally Script 2

This script came from Jefferson Elementary School in Carlsbad, CA. The fifth grade class brainstormed a list of characters who reminded them of kindness. From that list, the below script was created. Students dressed up as each character and had great fun performing. To make this script your own, your students can select their characters of choice.

Play [Kind-Hearted Hand](#) as students enter auditorium/multi-purpose room.

Announcer 1: Good Morning (Name of school)!!! Hello students, teachers, parents and esteemed guests. I am _____ and we are students from (teacher's name) 5th grade class. Welcome to our Great Kindness Challenge Kick-off rally!!

Announcer 2: Good Morning! My name is _____. We are SO HAPPY to be here and tell you all about this week of KINDNESS. We also have some friends who have a thing or two to say about KINDNESS. Please welcome our first guest, Alice in Wonderland.

Alice: I'm late! I'm late! For a very important date! There's love to share and care in the air. Oh my! I cannot wait! Bye.

Announcer 1: Well, Alice sure seems to be in a hurry. I wonder what she's up to? Hey look! I see another friend coming up. It's Elmo!

Elmo: Na na na na na na na na, Elmo's World!! Good Morning boys and girls!! I'm Elmo and I am sooooooooooooooooooooooooooooo happy that aaaaaaaaaa across (name of your city) and aaaaaaaaaa across the United States of America, students are taking the Great Kindness Challenge RIGHT NOW!! From today until Friday, I challenge YOU (point at students) to do as many kind acts as possible. My friend Kitty Cat will tell you more. Have fun!

Announcer 2: Well, sure enough, here comes a Kitty Cat!!

Kitty Cat: Meow. What a purrrrrfect day it is for some KINDNESS! In my purrrrrfect little paws is the Great Kindness Challenge checklist. Every student will get one of these today. I challenge you to do as many kind acts as possible using this checklist. Have fun!

Announcer 1: Hmmmm? A checklist? I wonder what's on it?

Santa: Ho Ho Ho! Merry KINDNESS Week!!

Announcer 1: Merry KINDNESS Week?

Santa: Ho Ho Ho! Yes, this is one week where each of YOU (point to students) can give the GIFT of KINDNESS. For example, you can "Slip a nice note in your friend's backpack." (students act this out and then the reindeer checks it off on the checklist) or you can "Read a book to a younger child." (act out and then check it off) or "Bring a flower to the office staff" (act out and check off). Ho Ho Ho! KINDNESS is the BEST gift of all!! Bye.

Announcer 2: Wow! This is going to be FUN!! Speaking of fun, here comes SpongeBob SquarePants. I wonder what he has to say? Are you ready kids??

SpongeBob: Hi boys and girls! I'm READY!! This is all so exciting!!! I was just talking to your principal. He's a cool man!! He told me that he has a special surprise for you. (Name of principal), come on over. Let's give him a big undersea round of applause.

Principal talks about the incentive. (students holds decorated KINDNESS box)

Spongebob: Thank you (name of principal)! You are under the sea-sensational!! Now, I want to get started checking off my list. Bye boys and girls!

Announcer 2: Well, this is GREAT! And speaking of great.....here comes a man that is faster than a speeding bullet and more powerful than a locomotive.

Superman: Good Morning (name of school)! Do you know why I am so powerful?

Class: Why?

Superman: Because I am powered by KINDNESS!! It's the most powerful force of all!

Announcer 1: That's awesome? So, you know about this week's Great Kindness Challenge?

Superman: Yes! And I can't wait to see all this kindness in action!! Remember to keep your checklist with you all week-long and do as many acts as possible! Bye!

Announcer 2: This is GREAT!! It looks like my classmates think it's GREAT too!! Hit it guys!!

Class Spells out KINDNESS MATTERS: Give me a "K" (School-"K") Give me an "I" (School- "I") Give me an N (School-"N") etc. (Hold up each letter as it is shouted out)

Enthusiastic Student: Yes, KINDNESS definitely MATTER!! So, I have a cheer for you. Repeat after me! When I say KINDNESS, you say MATTERS. KINDNESS---MATTERS.....KINDNESS---MATTERS. I can't hear you!!!

When I say KINDNESS, you say MATTERS. KINDNESS---MATTERS.....KINDNESS---MATTERS.

When I say BE, you say KIND. BE---KIND....BE---KIND (Repeat)

When I say (School Name), you say WE CARE. (School Name)---WE CARE....(School Name)---WE CARE (Repeat)

When I say KINDNESS, you say MATTERS. KINDNESS---MATTERS.....KINDNESS---MATTERS. (Repeat)

Oh YEAH!!! Great job (School Name)!!

Announcer 1: Well, I'm sure fired up and ready to go!! Let's make this the BEST week EVER! Have fun and remember.....

Class: Does Kindness Cheer/Clap.....Alright, Alright, Alright Alright Alright...HEY!! KINDNESS MATTERS! BYE!!!

Play [Kind-Hearted Hand](#) as students leave auditorium/multi-purpose room.

Coins for Kindness

What?

Coins for Kindness is an opportunity for your students to become philanthropists. For a designated period of time, students collect spare change at home and in neighborhoods to help promote and expand The Great Kindness Challenge.

Who?

All students are invited to participate.

When?

During the week of The Great Kindness Challenge. January 27-31, 2014

Why?

Because we want to create a culture of kindness and put an end to bullying.

How?

Each student creates his/her own “Coins for Kindness” collection container, using decorated cans, jars or large envelopes. The students then collect spare change around the house, ask neighbors to contribute, or even take it to their parent/guardian’s workplace. Schools may offer extra incentives to the classroom that raises the most money. At the end of the week, money is collected, counted and submitted.

Where does the money go?

All collected money goes to Kids for Peace, the nonprofit that hosts the Great Kindness Challenge. Checks can be mailed to: Kids for Peace, 3303 James Drive, Carlsbad, CA 92008.

What is the money used for?

All donated money will be used to promote and expand the Great Kindness Challenge. Specifically, the funds will be used to translate the GKC checklist and toolkit into other languages, provide materials to underserved schools, and promote the Great Kindness Challenge worldwide. All participating schools will receive a report highlighting the impact of the benefitting schools worldwide.

What is Kids for Peace?

Kids for Peace is a global 501 c3 nonprofit organization, based in Carlsbad, California. It was founded in 2006 by a former school teacher and a high school honors student. The mission of Kids for Peace is to cultivate every child’s innate ability to foster peace through cross-cultural experiences and hands-on arts, service and environmental projects. The Great Kindness Challenge is the signature event of Kids for Peace. To learn more, please visit: www.kidsforpeaceglobal.org.

More Information?

Contact Jill McManigal at 760-730-3320 or jill@kidsforpeaceglobal.org



Kindness Matters 365

This idea is courtesy of classroom teacher Kathleen Rosenthal of Rolling Hills Elementary in Fairfield, CA.

What: A beautiful art piece to inspire students to complete all 50 GKC kind acts.

When: After the Great Kindness Challenge is completed.

Who: All students who complete the 50 challenges.

How:

1. Obtain a large canvas (at least 3'x3') and several complimentary acrylic paint colors.
2. Paint the canvas a solid base coat with color of choice.
3. Designate a time and place for students to hand in their completed checklists.
4. When the student presents his/her checklist, congratulate him/her and then paint the student's hand.
5. Help the student add his/her handprint to the canvas.
6. Have the student carefully wash his hand.
7. Once all students' handprints are on the canvas, paint "Kindness Matters 365."
8. Proudly hang the finished masterpiece in your school's office.



Courtesy of Rolling Hills Elementary, Fairfield, CA

Kindness Station

A Kindness Station is a designated spot where students can work on various GKC kind deeds such as writing thank you notes, decorating hearts, painting Kindness Matters posters, etc. Some schools set up a Kindness Station every recess during the Great Kindness Challenge week. Other schools host a Kindness Station once or twice during the week. Below are tips to make the Kindness Station a big success.

1. Obtain approval from Principal
2. Recruit Volunteers to assist students with completing their checklist during recess or lunch break.
 - a. Suggested volunteers: PTA, Student council, parents or staff
 - b. Local organizations: Kids for Peace Leaders, Boys and Girls Club, Girl Scout Troop
3. Select a Kindness Station area
 - a. Library
 - b. Lunch Room
 - c. Empty classroom
 - d. An outside table overlooking the play ground
4. Create Kindness Station Schedule
 - a. Facilitate the kindness station during the week of the kindness Challenge
 - b. Provide schedule to Student council, Principal and Secretary
5. Collect Kindness Station Supplies
 - a. Shoe boxes or bags to create craft kits (One for each table or group)
 - b. Suggested items:
 - Card Stock in various colors
 - Copy of Kindness Checklist (for ideas)
 - Glue Sticks and white glue
 - Scissors
 - Stickers
 - Markers
 - Crayons
 - Large pieces of colored paper
 - Letter or shape Stencils
 - Stamps and stamp pads
 - Cut out hearts from various colors of paper
 - Cut two 'by six' inch strips of paper, cut a hole in the top with a hole punch and tie yarn to the end. To make a blank book mark
6. Create a Kindness Station Sign
7. Assist the students as needed.



Courtesy of Hope Elementary, Carlsbad CA



Kind-Hearted Hand Theme Song

Written by Peter Seltzer

This inspiring song was joyfully recorded by Kids for Peace to be used as The Great Kindness Challenge theme song. 50% of all proceeds from the download of the song will benefit The Great Kindness Challenge.

Download the song [HERE](#)

Find Lyric Sheet [HERE](#)

Find Lyrics with Chords [HERE](#)

Find Sheet Music [HERE](#)

YouTube Video Coming Soon!

Ten Ways to Use Kind-Hearted Hand (KHH)

1. Play KHH at your GKC kick-off rally or assembly. (As students enter, during or as students exit)
2. Have your school's choir sing KHH at an assembly or concert.
3. Distribute the song to each classroom to use as desired.
4. Make a slide show or music video of your students' kind deeds using KHH. (Perfect for a post-GKC Celebration!)
5. Show the official Kind-Hearted Hand music video to kick-off the GKC.
6. Choreograph the song and perform at a school event.
7. Visit a senior center and sing KHH. Provide song sheets to the seniors and invite them to sing along.
8. Use the song as a classroom brainstorming inspiration. Listen to KHH with your students and then make a list of kind deeds/actions.
9. Listen to KHH and then create a Kind-Hearted Hand chain. Each student traces their hand, cuts it out, decorates it with a heart in the middle and writes a kind deed on the back. Display the KHH chain in your classroom, in the hallways, in the school's office or any other public place.
10. Play KHH at a staff meeting, school board meeting, PTA meeting, etc. to provide an extra dose of HAPPY!



GKC PHOTO GALLERY



Class Kindness T-shirts

Courtesy of Hope Elementary, Carlsbad, CA



GKC Student Prep

Courtesy of Jefferson Elementary, Carlsbad, CA



Kindness Comics



Heart Chain

Courtesy of Holden Elementary, Holden, ME



Kindness Matters Bracelets

Courtesy of Todd & Micaela of Epic PhotoJournalism



Wall of Kindness

Courtesy of Brownville Elementary, Brownville, ME



Spirit Day - Crazy for Kindness
 Courtesy of Calavera Hills Middle School, Carlsbad, CA



"Caught You Being Kind" Hearts
 Courtesy of Rolling Hills Elementary, Fairfield CA



Collaborative Games
 Courtesy of Calavera Hills Middle School, Carlsbad, CA



Marquee
 Courtesy of Hope Elementary, Carlsbad, CA



Door Decorating Contest
 Courtesy of Rolling Hills Elementary, Fairfield, CA



Kindness Chain

REPRODUCIBLES

GKC Checklist



The Challenges

- Smile at 25 People
- Help a friend more in your friend's backpack
- Compliment 5 People
- Pick Up 10 Pieces of Trash on Campus
- Make a New Friend
- Tell a Joke and Make Someone Laugh
- Be Kind to Yourself and Eat a Healthy Snack
- Learn Something New About Your Teacher
- Draw a Picture and Give it to Someone
- Help a Younger Student
- Have a Kindness Minute in your Classroom
- Recycle Your Trash
- Help Your Friend
- Pick Up Trash Outside Your School
- Cut Out 10 Hearts & Give Them to Friends
- Encourage Someone with a Happy Dance
- Make a Kind Poster for Someone's Room
- Walk or Bike to School Instead of Driving
- Buy "Good Morning" to 10 People
- Design a Thank You for the PTA/PTO
- Make a Wish for a Child in another Country
- Buy "Thank You" to a Crossing Guard
- Invite a New Friend to Play Hang Out with You
- Send a Thank You to Your Superintendent
- Create Your Own Kind Card
- Sit with a New Group of Kids at Lunch
- Read a Book to a Younger Child
- Draw an Aster or a Note to Your Teacher
- Wave Up for Someone in Need
- Make and Display a "Kindness Matters" Sign
- Carry Your Friend's Book
- Help Your PE Teacher with the Equipment
- Make a Bookmark for a Friend
- Hold the Door Open for Someone
- Pat Yourself on the Back
- Thank a Bus Driver or Car Pool Driver
- Write a Thank You or a Band Aid for the Nurse
- Listen to Your Teacher the First Time
- Whisper Thank You to the Librarian
- Make Someone Laugh if They Fall Down
- Learn a Phrase in a Foreign Language
- Learn to Say "I'm sorry" in a New Language
- Bring a Flower to the Office Staff
- Bring Appreciation to Your Principal/Chancellor
- Help Your Teacher with a Repeat Task
- Be on Time for School
- Thank "Thank You" to a Volunteer
- Give Your Friend a High Five
- Make a Friendship Gift for Someone Near to You
- Create Your Own Kind Card

[Download](#)

Save the Date



Save the Date
January 27-31, 2014

Great Kindness Challenge
SCHOOL EDITION

KINDNESS MATTERS!

[Download](#)

Parent Letter



Parent Letter
January 27-31, 2014

The Great Kindness Challenge is one week dedicated to creating a culture of kindness on campuses nationwide.

Our school is proudly participating in this proactive, positive anti-bullying initiative.

All students will receive a GKC checklist with 50 kind deeds. Please encourage your child to complete the checklist and show the world that...

KINDNESS MATTERS!

SPECIAL THANKS TO OUR KIND ROOMMATES WHO SUPPORT OUR BULLY AND OUR KINDNESS!

Special thanks to our KIND ROOMMATES who support our bully and our kindness!

THE CARLEBAD CHARITABLE FOUNDATION | SDGE | nrg | abmettle | thecodecrows | ARTISTS | books & kidz | Go

[Download](#)

KHH Music Sheet

Kind-Hearted Hand

Words and Music by Peter B. Seltzer



Kind-Hearted Hand
Lively (♩ = 130)

Verse 1

Help me make a stand, ev-'ry girl, boy, wom-an and

[Download](#)

KHH Chords & Lyrics

Kind-Hearted Hand
Words and Music by Peter B. Seltzer

Intro: D

D A
Help me make a stand

Bm G
Every girl, boy, woman and man

D A
Let your voices rise, you'll be satisfied

C G D
When you reach out with a kind-hearted hand

[Download](#)

KHH Lyrics

Kind-Hearted Hand
Words and Music by Peter B. Seltzer

Help me make a stand
Every girl, boy, woman and man
Let your voices rise, you'll be satisfied
When you reach out with a kind-hearted
Reach out with your kind-hearted hand

[Download](#)

Kindness Certificate



KINDNESS CERTIFIED SCHOOL

This certificate is awarded to
Magnolia Elementary School
In recognition of your commitment to creating a culture of kindness on your campus.

KINDNESS MATTERS

January 31, 2014

Bill McManis
Bill McManis
Bill for Peace, Experience, Kids for Peace, and Kindness

[Download](#)

Coins For Kindness Parent Letter



Coins For Kindness
Parent Letter

Dear Parent/Guardian,

We are creating a culture of kindness on campuses nationwide. Our school will join hundreds of schools across the country for the 2014 Great Kindness Challenge. Your child is part of a powerful positive anti-bullying movement that will lead to more kindness, unity and respect.

To help multiply this momentum, we are participating in "Coins for Kindness." All students are invited to collect spare change throughout the week. The collected money will be used to help end bullying by bringing the Great Kindness Challenge (GKC) to underserved schools in the United States and worldwide. The donated money will help to translate the GKC checklists into other languages, provide GKC toolkits and supplies to schools in need, and to spread the word far and wide.

Bullying is an epidemic problem. According to National Education Association 1 in 3 children are harmed by bullying. With your students' help, we can make a lasting change in children's lives, making it safe to learn and thrive at school and beyond.

To learn more about The Great Kindness Challenge, please visit: www.greatkindnesschallenge.org

Thank you in advance for helping us create a culture of kindness.

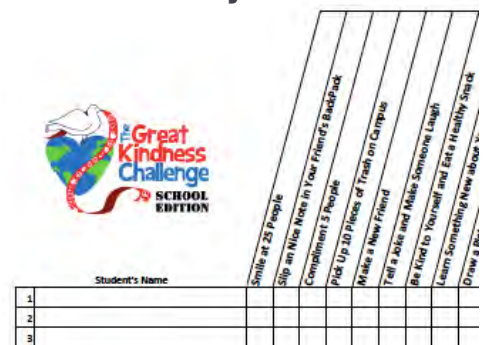
With Great Gratitude,

Your Principal

Kindness Matters!

[Download](#)

GKC Tally Sheet



GKC Tally Sheet

Student's Name

1									
2									
3									

Smile at 25 People
Ship an Nice Note in Your Friend's Backpack
Compliment 3 People
Pick Up 10 Pieces of Trash on Campus
Write a New Friend
Tell a Joke and Make Someone Laugh
Be Kind to Yourself and Eat a Healthy Snack
Learn Something New About ...
Draw a ...

[Download](#)



We challenge you to perform as many kind deeds as you can in one week. Using the checklist below, check off your acts as you go. Have fun!

The Challenges

- | | |
|--|---|
| <input type="checkbox"/> Smile at 25 People | <input type="checkbox"/> Sit with a New Group of Kids at Lunch |
| <input type="checkbox"/> Slip a Nice Note in Your Friend's Backpack | <input type="checkbox"/> Read a Book to a Younger Child |
| <input type="checkbox"/> Compliment 5 People | <input type="checkbox"/> Give an Apple or a Note to Your Teacher |
| <input type="checkbox"/> Pick Up 10 Pieces of Trash on Campus | <input type="checkbox"/> Step Up for Someone in Need |
| <input type="checkbox"/> Make a New Friend | <input type="checkbox"/> Make and Display a "Kindness Matters" Sign |
| <input type="checkbox"/> Tell a Joke and Make Someone Laugh | <input type="checkbox"/> Carry Your Friend's Books |
| <input type="checkbox"/> Be Kind to Yourself and Eat a Healthy Snack | <input type="checkbox"/> Help Your PE Teacher with the Equipment |
| <input type="checkbox"/> Learn Something New About Your Teacher | <input type="checkbox"/> Make a Bookmark for a Friend |
| <input type="checkbox"/> Draw a Picture and Give It to Someone | <input type="checkbox"/> Hold the Door Open for Someone |
| <input type="checkbox"/> Help a Younger Student | <input type="checkbox"/> Pat Yourself on the Back |
| <input type="checkbox"/> Give a KIND Handshake to Greet a Classmate | <input type="checkbox"/> Thank a Bus Driver or Car Pool Driver |
| <input type="checkbox"/> Recycle Your Trash | <input type="checkbox"/> Write a Thank You on a Band-Aid for the Nurse |
| <input type="checkbox"/> Hug Your Friend | <input type="checkbox"/> Listen to Your Teacher the First Time |
| <input type="checkbox"/> Pick Up Trash Outside Your School | <input type="checkbox"/> Whisper Thank You to the Librarian |
| <input type="checkbox"/> Cut Out 10 Hearts & Give Them to Friends | <input type="checkbox"/> Help Someone Up If They Fall Down |
| <input type="checkbox"/> Entertain Someone with a Happy Dance | <input type="checkbox"/> Lend a Pencil to a Friend |
| <input type="checkbox"/> Make a Kind Poster for Cafeteria Helpers | <input type="checkbox"/> Learn to Say "Hello" in a New Language |
| <input type="checkbox"/> Walk or Bike to School Instead of Driving | <input type="checkbox"/> Bring a Flower to the Office Staff |
| <input type="checkbox"/> Say "Good Morning" to 15 People | <input type="checkbox"/> Show Appreciation to Your Principal Creatively |
| <input type="checkbox"/> Design a Thank You for the PTA/PTO | <input type="checkbox"/> Help Your Teacher with a Needed Task |
| <input type="checkbox"/> Make a Wish for a Child in another Country | <input type="checkbox"/> Be on Time for School |
| <input type="checkbox"/> Say "Thank You" to a Crossing Guard | <input type="checkbox"/> Say "Thank You" to a Volunteer |
| <input type="checkbox"/> Invite a New Friend to Play/Hang Out with You | <input type="checkbox"/> Give Your Friend a High Five |
| <input type="checkbox"/> Send a Thank You to Your Superintendent | <input type="checkbox"/> Make a Friendship Gift for Someone New to You |
| <input type="checkbox"/> Offer to Help Your Custodian | <input type="checkbox"/> Create Your Own Kind Deed |



A Kids for Peace Experience

KidsforPeaceGlobal.org

GreatKindnessChallenge.org

(Your Name Here)

Save the Date

Spread the word far and wide! Let everyone know about the 2014 Great Kindness Challenge. Send our Save the Date to your staff, students, families, district office, elected officials, media, local businesses, etc. You may also post this to your school's website homepage, school newsletters and the district's website homepage.



[Download](#)



January 27-31, 2014

The Great Kindness Challenge is one week dedicated to creating a culture of kindness on campuses nationwide.

Our school is proudly participating in this proactive, positive anti-bullying initiative.

All students will receive a GKC checklist with 50 kind deeds. Please encourage your child to complete the checklist and show the world that ...
KINDNESS MATTERS!



SPONSORS

Special thanks to our KIND sponsors who support our kids and our communities!



Kindness Certified School Certificate

Congratulations! Once you complete the Great Kindness Challenge week, you will officially be a Kindness Certified School. Please feel free to download the certificate, personalize it with your school's name, and proudly display it for all to see.



KINDNESS CERTIFIED SCHOOL

This certificate is awarded to

Your School Name

In recognition of your commitment to creating a culture of kindness on your campus.

KINDNESS MATTERS

January 31, 2014


Jill McManigal
Kids for Peace Co-founder and Executive Director



[Download](#)



Dear Parent/Guardian,

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Bullying is an epidemic problem. According to National Education Association 1 in 3 children are harmed by bullying. With your students help, we can make a lasting change in children's lives, making it safe to learn and thrive at school and beyond.

To learn more about The Great Kindness Challenge, please visit: www.greatkindnesschallenge.org

Thank you in advance for helping us create a culture of kindness.

With Great Gratitude,

Your Principal



Kind-Hearted Hand
Words and Music by Peter B. Seltser

Help me make a stand
Every girl, boy, woman and man
Let your voices rise, you'll be satisfied
When you reach out with a kind-hearted hand
Reach out with your kind-hearted hand

It's easier than you think
Just be kind to those who you meet
There's a friend out there, who needs your care
So reach out with a kind-hearted hand
Reach out with your kind-hearted hand

Calling out across the oceans
Calling out across the land
Show the world that kindness matters
And reach out with a kind-hearted hand
Reach out with your kind-hearted hand

When sunny skies turn grey
Follow me; I'll lead the way
Here's where we begin, let some love come in
And reach out with a kind-hearted hand
Reach out with your kind-hearted hand

Reach out, reach out, reach out, reach out
Reach out with your kind-hearted hand
Reach out, reach out, reach out, reach out
Reach out with your kind-hearted hand

Reach out, reach out, reach out, reach out
Reach out with your kind-hearted hand
Reach out, reach out, reach out, reach out
Reach out with your kind-hearted hand

Kind-Hearted Hand
Words and Music by Peter B. Seltser

Intro: D

D A
Help me make a stand
Bm G
Every girl, boy, woman and man
D A
Let your voices rise, you'll be satisfied
C G D
When you reach out with a kind-hearted hand
C G D
Reach out with your kind-hearted hand

D A
It's easier than you think
Bm G
Just be kind to those who you meet
D A
There's a friend out there, who needs your care
C G D
So reach out with a kind-hearted hand
C G D
Reach out with your kind-hearted hand

Bridge:

Bm A
Calling out across the oceans
Bm C G
Calling out across the land
Bm A
Show the world that kindness matters
C G D
And reach out with a kind-hearted hand
C G D
Reach out with your kind-hearted hand

Kind-Hearted Hand

Words and Music by Peter B. Seltser

D
 When sunny skies turn grey

Bm **G**
 Follow me; I'll lead the way

D **A**
 Here's where we begin, let some love come in

C **G** **D**
 And reach out with a kind-hearted hand

C **G** **D**
 Reach out with your kind-hearted hand

C **G**
 Reach out, reach out, reach out, reach out

C **G** **D**
 Reach out with your kind-hearted hand

C **G**
 Reach out, reach out, reach out, reach out

C **G** **D**
 Reach out with your kind-hearted hand

Reach out, reach out, reach out, reach out

Reach out with your kind-hearted hand

Reach out, reach out, reach out, reach out

Reach out with your kind-hearted hand

Kind-Hearted Hand

Words and Music by
Peter B. Seltser

Lively (♩ = 130)

The musical score is written in 4/4 time with a key signature of one sharp (F#). It consists of three systems. The first system is an instrumental introduction. The second system is the first verse, starting at measure 5. The third system continues the verse from measure 8. The score includes guitar chord diagrams for D, D(sus4), C, Bm, G, and A. The piano accompaniment features a steady eighth-note bass line and chords in the right hand.

Verse 1

5 Help me make a stand, ev-'ry girl, boy, wom-an and

8 harmony melody man. Let your voic-es rise— you'll be— sat-is-fied,— when you

11

C(sus2) G D

reach out with a kind-heart-ed hand. Reach out

13

C(sus2) G D D(sus4) D

with your kind-heart-ed hand! It's

16 Verse 2

A Bm

easier than you think. Just be kind to those who you meet.

19

G D A

There's a friend out there, who needs your care. So,

22

C(sus2) G D C(sus2) G





reach out with a kind-heart-ed hand. Reach out with your kind-heart-ed

25

D D(sus4) Bridge Bm





hand! Call - ing out a - cross

28

A  Bm  C(sus2)  G 





the o - ceans, call - ing out a - cross the land.

31

Bm  A  C(sus2)  G 

Show the world that kind - ness mat - ters reach out with a kind-heart - ed

34

D  C(sus2)  G  D 

hand. Reach out with your kind-heart - ed hand!

37



Verse 3

When sun-ny skies_ turn grey,— fol-low me;

Musical notation for the first system of Verse 3, including vocal line and piano accompaniment.

40



I'll lead the way.— Here's where we be - gin.— Let some

Musical notation for the second system of Verse 3, including vocal line and piano accompaniment.

43



love come in,— and reach out with a kind-heart-ed hand. Reach out.

Musical notation for the third system of Verse 3, including vocal line and piano accompaniment.

46

C(sus2) G D C(sus2)

— with your kind-heart-ed hand! Reach out, reach out, reach out,

49


G C(sus2) G D

— reach out, reach out with your kind-heart-ed hand. Reach out,

52

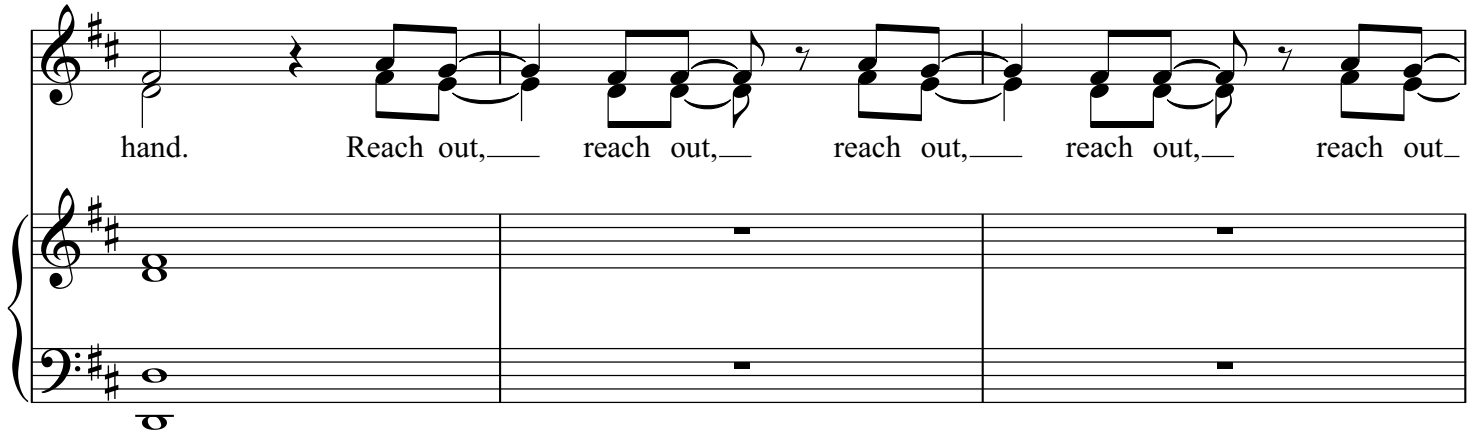
C(sus2) G C(sus2) G

— reach out, reach out, reach out, reach out with your kind-heart-ed

55 

N.C.

hand. Reach out, reach out, reach out, reach out, reach out.



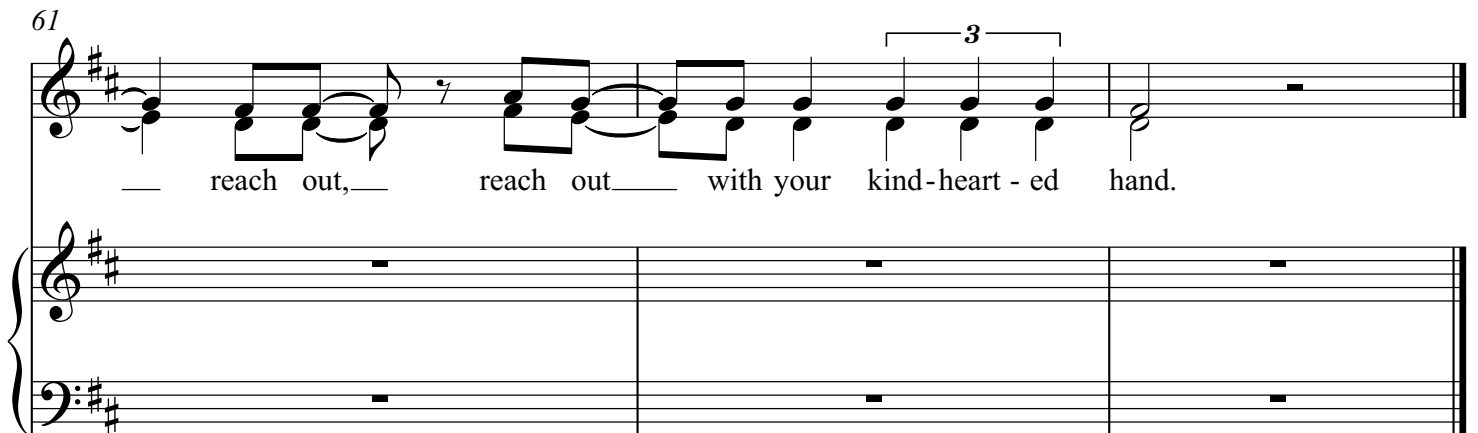
58

with your kind-heart - ed hand. Reach out, reach out, reach out,



61

reach out, reach out with your kind-heart - ed hand.



Guess Your Kind Message

Provided courtesy of Stacey Crumrine from [Positively Kids](#).



1. Cut on dotted line with the scissor symbol, forming a square. Fold the square to make a triangle.



2. Fold the two opposite ends of the triangle together, forming a smaller triangle.



3. Open the paper up (unfolding all folds).



4. Fold a corner into the central point. Repeat with the opposite corner. Repeat with the other two corners. You'll end up with a square.



5. Flip the paper over. Fold a corner over to the center. Repeat with the opposite corner. Fold over two remaining corners. You'll end up with a smaller square.



6. Fold the square in half. Unfold and fold in half the other way.



7. Unfold and pull the four ends together, making a diamond-like shape. Pick up each of the four square flaps, and put your fingers inside. You will be able to move the four parts around.



8. You can now be a fortune teller! Have a person choose one of the four positive words. Spell that word out, while moving the fortune teller in and out.

Then have the person choose one of the numbers that is showing. Move the fortune teller in and out the right number of times.

When you finish, have the person choose one of the four visible numbers. Open up the flap they choose, and read their fortune!

BELIEVE

1

You
can be
President



You're
a great
person



2

You
have a
beautiful
smile



You're
very
creative



SMILE

3

You're going
to have a
great day



4

Make
today
count



You are
brave



8

You're
amazing



7

KIND

6

5

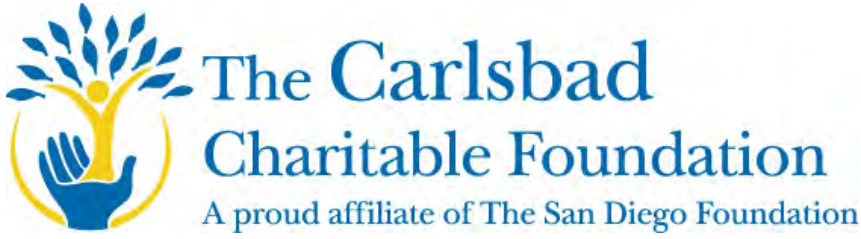
CARE



SPONSORS

The Great Kindness Challenge is supported by donations from generous foundations and business sponsors. We are grateful for their belief in our youth and in the power of positive action.

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Silver Sponsors



Partners



GRATITUDE

The Great Kindness Challenge-School Edition is a labor of love made possible by the dedication, commitment, vision and KINDNESS of many. Our hearts are filled with gratitude to everyone involved in making this trailblazing and transformational project so wildly successful.

To the following kind people, we offer high fives, three cheers and a standing ovation for their spectacular part in making The Great Kindness Challenge possible!!!

♥ **Our volunteer Great Kindness Challenge Directors (AKA Queens of Kindness!)**

Stacey Crumrine and Gwen Meitchik

♥ **The Kids for Peace Board of Directors**

♥ **The GKC Dream Team Focus Group**

Nicole Johnson

Lori Perez

Music Watson

Rita Powell

Rosemary Eshelman

Syndi Lyon

Heather Bensen

Jennifer Hardy

Bobbi Cecio

Teresa Morgan

Peter Garofalo

BJ Bowden

Estella Doncouse

Kathleen Rosenthal

Garry Grotke

Teanna Evans

♥ **The three Carlsbad, CA schools which successfully piloted the GKC**

Jefferson Elementary, Hope Elementary and Kelly Elementary

♥ **Kind-Hearted Hand Theme Song Creators**

Peter and Sheryl Seltser

And a great big thanks to **YOU**, for believing in the power of positive action. This is a true grassroots movement that would not be possible without visionary leaders like yourself.

Thank you ALL for helping us prove that KINDNESS MATTERS!

With great love and great gratitude,



Jill McManigal
Kids for Peace Co-Founder & Executive Director



Asia Moore
Kids for Peace Program Director

ABOUT KIDS FOR PEACE



The Great Kindness Challenge is proudly presented by Kids for Peace, a global 501(c)(3) nonprofit that provides a platform for young people to actively engage in socially conscious leadership, community service, arts, environmental stewardship and global friendship. Kids for Peace was co-founded in 2006 by a high school honors student and a mother of two young children who was an elementary school teacher. What started organically as a neighborhood group of kids wanting to make our world a better place, has grown into an interconnected network of young peace-builders worldwide.

In 2011, Kids for Peace was asked by an elementary school to help create a more positive, unified and respectful school environment. As a result, The Great Kindness Challenge-School Edition was designed and then piloted in 2012 at three Carlsbad, California schools. Because of its innovative approach and wildly successful results, word spread and in 2013, 113,954 students in 263 schools participated and performed over 5 million acts of kindness.

At the heart of the Great Kindness Challenge is the simple belief that kindness is strength. We also believe that any action that's repeated over and over becomes a habit. With the Great Kindness Challenge checklist in hand, students have the opportunity to repeat kind act after kind act after kind act. As kindness becomes a habit, the culture is shifted and peace becomes possible.

This is a grassroots movement to make our schools, communities and world a kinder and more compassionate place for all. We are grateful to you for helping implement The Great Kindness Challenge at your school. We invite you to encourage other schools to also take the challenge. Through word of mouth, The Great Kindness Challenge will continue to grow and cultures of kindness will thrive on campuses across the globe. Working together, we will indeed prove that KINDNESS MATTERS!

www.kidsforpeaceglobal.org