

# Middle School **Kindness** Challenge

FOSTERING KINDNESS IN AMERICA'S MIDDLE SCHOOLS

## What is the Middle School Kindness Challenge?

The Middle School Kindness Challenge is an **easy and no cost** way to **foster kindness** and **improve school climate** in the critical middle school years. Open to schools with any combination of grades 4-8, the Challenge offers **best-in-class resources**, free of charge, to teach and foster kindness over a four-week period of the school's choosing. Teachers and other participating school staff will receive ongoing access to outstanding kindness-building lesson plans following the successful completion of the Challenge. By teaching kids how to practice kindness, be more empathetic, and manage their emotions and actions, they become better equipped to navigate our complex world.

Offered through an easy-to-use online platform, the Challenge can be successfully completed by any school in three steps:

-  1. Accept the Challenge and sign-up teachers and staff to participate.
-  2. Teachers and staff complete a kindness reflection exercise and then teach 4 best-in-class kindness building lessons drawn from leading content providers.
-  3. Create a Kindness Ritual to make kindness routine at your school.

## The Benefits

Middle schools where teachers and school staff **intentionally** and **systematically** teach and foster kindness are **more effective** at helping students succeed, both in school and in life. Because we know this, the Middle School Kindness Challenge offers an engaging, exciting, and readily doable opportunity to:



**Improve School Climate**



**Reduce Suspensions**



**Foster Social & Emotional Development**



**Greg Dohmann**

Principal, D.C. Public Schools

*"The Kindness Challenge allowed our students – and staff! – to reflect on how their smallest actions can have a positive impact on the world around them. It strengthened our collective sense of empathy and made us a closer, more supportive school community."*



**Sharon Contreras**

Superintendent of Schools, Guilford County, NC

*"This year, most middle schools in my district participated in the Middle School Kindness Challenge. We are seeing improvements in school climate and the feedback from my middle schools has been incredibly positive. Guilford County Schools' educators share that the lessons and activities are engaging, and the interactive technology is user-friendly. Parents have also been very pleased with the Kindness Challenge and we have received uplifting media coverage. Given the challenges facing our middle schools and the fact that the Middle School Kindness Challenge is high quality and free of charge, I recommend taking advantage of this excellent resource."*

# Middle School **Kindness Challenge**

## Kindness Pathways

We have curated 32 activities from leading content providers for teachers and school staff to select and teach. They fall into four categories:

### ➔ Developing Positive Mindsets

This pathway focuses on self-management and self-care strategies that equip students with ways to monitor their own feelings, setting them up to be kind to others. Activities include practicing gratitude, goal setting, and positive framing of situations.

### ➔ Strengthening Peer Relationships

This pathway focuses on building constructive interactions among students for a positive classroom and school culture. It includes activities that help students develop empathy for their classmates, listen actively, and resolve conflicts with each other.

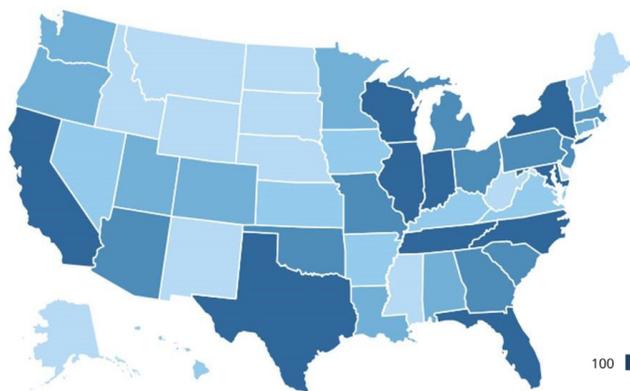
### ➔ Fostering Empathy

This pathway goes beyond individual student relationships to tackle larger issues and trends such as stereotypes and bullying based on identity. It includes activities such as shared identity and fostering civic discourse.

### ➔ Promoting Cyber-Kindness

This pathway includes activities for students to develop a more positive social media presence and the habits of heart and mind to be kind online. Students will learn practical skills to help them engage with social media and online applications, including video games, responsibly.

## Join the Challenge: Progress Since Launch 9/5/2017



**1243** SCHOOLS REGISTERED IN  
**50** STATES + DC WITH  
**17,114** KINDNESS ACTIVITIES

**The next cycle begins on AUGUST 1, 2018!**

To learn more about the Middle School Kindness Challenge and to register today, visit  
[www.MiddleSchoolKindnessChallenge.org](http://www.MiddleSchoolKindnessChallenge.org)

A HISTORIC COLLABORATION BETWEEN THE FOLLOWING PARTNERS:

