



# Kindness

If it isn't kind, don't do it and don't say it



# How we might hurt someone

- Name calling
- Gossiping
- Social media comments
- Ignoring and excluding
- Sarcasm
- Rude behaviours
- Aggressive behaviours
- Threatening behaviours
- Being disrespectful
- Discriminating
- Play fighting



## How it effects them....

- Every time you read it and send it, you are infecting others and hurting someone: fight it or spread it? When will you become the victim?



# Who are you hurting?

- Why would you want to hurt someone?
- Do you know how you are making them feel?
- Do you know you are being unkind?
- What do you need to change to ensure you never hurt someone?



# ARE YOU BEING KIND TO OUR SCHOOL FAMILY?

How might you hurt your teachers?

- Swearing at them
- Ignoring them
- Defying their request / instructions
- Threatening them
- Being aggressive



# How should adults be kind to you?

- Polite and courteous
- Be fair and consistent
- Help you when they are free to do so
- Never be sarcastic or humiliating
- If they can't listen to you straight away, tell you when they can
- Give you a chance to get it right or make it right
- Praise you for all the good things you do
- Avoid just focusing on the negative
- Make a praise call home or send an email to parents to praise you
- Never shout at you



# Respect Code

- YOUR VOICE
- YOUR DECISIONS
- YOUR COMMITMENT
- YOUR RESPONSIBILITY



# BEING KIND ALL OF THE TIME

## **Staff will**

- Say good morning / good afternoon and welcome you
- Interact with you and ask you about you, your day etc.....
- Speak to you calmly and positively
- Praise you for doing the right things
- Smile

When challenging you, they will ask you to show your kindness by....





# BEING KIND ALL OF THE TIME

## Students

Never say or do anything that is unkind to another student or teacher

Say please and thank you to show your appreciation

Challenge social media if it is unkind - never participate or join in

Say nice things to and about each other

Be positive and kind to each other – never physically grabbing, pushing or shoving anyone – respecting their own space

Offer to help each other

Look to support and help someone who is distressed or lonely

Do what is the right thing without being asked

Protect your own and other peoples' learning time

Be kind and considerate when moving around the school and at break and lunch times.



# Be kind beyond our school family:

- In our community or at home

Be polite and courteous at local shops and bus stops

Let the adults onto the bus before you, particularly if elderly or needing assistance

Give up your seat on the bus

Keep the hospital a quiet and calm place and avoid going into the hospital grounds

Wait your turn at the local shop and always say please and thank you

Always be quiet and calm so that you don't disturb others

Say please and thank you to show your appreciation

Hold the door open for others

Say well done to someone if they are being kind

Offer to make your family a cup of tea

Offer to help clear up or clean

Offer to help



# LET'S BE KIND TO EACH OTHER

- **DON'T SAY IT OR DO IT IF IT IS NOT KIND**
- Take time to think and consider if it will hurt someone – if it will DON'T DO IT!
- If it will make them feel better because you are being kind then DO IT!



# How will we know if we are being more kind?

- Praise recorded on the log
- Staff praising you verbally
- Staff nominating students for showing kindness
- Students nominating students for showing kindness
- Thank people for being kind and using the word kindness
- Feedback from staff and students in 2 weeks time
- The school council talking with students who may not have been kind to others to help them
- Anti bullying ambassadors: looking for kindness and recording your name to praise or to nominate you