

Do Intentional Acts of Kindness, Acceptance, and Inclusion

Your individual contributions to create a world without bullying matter! Each person's act of kindness, acceptance, and inclusion is magnified when others join in with the same intentions. We can change the world to be a healthier place for everyone. What actions can you do today?"

Goal:

Provide students with ideas that they can do. Encourage them to be intentional in their acts.

Instructions:

- 1. Hold a discussion!** Record the student's ideas. A few starter ideas are provided.
- 2. Record the ideas!** Write down in a location (whiteboard, virtual, handout) for all to see.
- 3. Recognize!** Determine how to recognize students for their acts, such as (a) students can record on a chart (b) submit each act into a drawing (c) record electronically.

FOR EVERYONE – THE COMMUNITY!

- Smile!
- Let someone go ahead of you in line.
- Leave a kind, anonymous letter in a library book.
- Hold the door for someone.
- Include those that may be alone –invite them to play during free hour, sit by you at lunch, or join an afterschool club.
- Give a sincere compliment. Find something simple to compliment, like the student's shirt, new haircut, or their science project.
- Be patient and respectful if someone takes longer to do something, or does it in a different way.
- Tell someone that they are important to you.
- Thank someone for something they do every day.
- Smile and say "hi" to someone you've never spoken to.
- Learn how to say "hi" in a new languages, it could even be sign language!

Bullying Prevention Activities

- Write a thank-you note to someone.

AT SCHOOL – STUDENTS AND ADULTS!

- Offer to be a mentor or tutor to another student.
- Find a news article about kindness, acceptance, and inclusion; share it in a class.
- Research the holiday customs of another culture and share a presentation during class.
- Participate in National Bullying Prevention Month (October), including Unity Day (Wednesday in October).
- Volunteer for a school event.
- Offer to give tours for new students
- Create an event in which everyone can participate, such as a kick ball tournament— follow up with a post event that could include prizes, fun incentives and recognition for all.

ACKNOWLEDGE ACTS OF KINDNESS, ACCEPTANCE, and INCLUSION

Just as it's important to do something, it's equally wonderful to let someone know their actions matter. Ways to acknowledge your appreciation towards others include:

- Share a smile
- Say "thank you"
- Let them know "that meant a lot to me"
- Do something nice for them or pay it forward and do something nice for someone else!