

# Catching Kindness

IN CLASSROOMS FROM COAST TO COAST

“World Kindness Day” is observed on November 13, 2018. People all around the world are encouraged to find ways to show kindness to themselves and others. To help our students celebrate, we’ve created the “Catching Kindness” classroom challenge. If you are interested in participating, start off a class discussion involving kindness. This could include:

*What does “kindness” mean to you?*

*Why is it important to focus on being kind?*

*What can you do to spread kindness to others?*

After the discussion, encourage your students to notice kind things they observe in school. Helping someone, saying something nice, holding a door, using manners, and picking up supplies are just a few of the ways we can catch each other being kind.

As students notice kind acts, have them write what they saw on the “Catching Kindness” sports templates. Hang these acts of kindness on a wall and watch the kindness spread! This challenge kicks off on November 13, 2018, and ends on November 30, 2018.

*\*A note about how the “Catching Kindness” challenge began:* Last year, my friend Stefanie and I published Travel Tails: All Bark and No Bite as a mentor text for classrooms. We used our book to emphasize positive character traits and began to develop curriculum materials which support character education. We shared our materials with educators from **all 50 states** and titled it, “Catching Kindness in Classrooms from Coast to Coast.” This year, we are inviting more teachers to join us in our kindness challenge. You do not need the book to participate in this cross-country challenge. Will your class join us?



To learn more, you can visit us at [www.traveltailsbooks.com](http://www.traveltailsbooks.com) and click on the link for “Travel Tails Across America” and “Classrooms C.A.R.E. N.O.W.”

*Kindness is free, but the results can be priceless. It doesn't cost anything to show kindness towards others. How can you make today count?*



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in Classrooms from Coast to Coast



**OUR CLASS IS PARTICIPATING IN  
THE  
“Catching Kindness” challenge!**

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