

# *Kindness, It's in the Air*

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*A general outline of the points made in the presentation*

Kindness makes school a better place!

The 3 *Rs* of Kindness and not using bullying behaviors:

1. *Respect*—self, others, and things that are different.
2. *Respond* to unfair situations, bullying—do something! Console someone who has been bullied, say something to the bully (when safe), tell an adult.
3. *Restrain* yourself from doing things that you know are wrong, even if they seem fun.

General Points

- Virtues are good qualities that we all have. We have the opportunity to increase these qualities at work in our own lives.
- Anyone who tries can make a positive difference in another person's world. So, anyone can change the world.
- Most of us at times exhibit bullying behavior, we also are the recipients of bullying behavior, and we are bystanders. A worthy goal is to be kind to each other. People should not be afraid to go to school. Work together on this goal.

The Hero's Banquet of Kindness—Spinning Plate Balance

Be: Honest, Nice, Confident, Humble, Courageous, and Inclusive.

We Wear 3 Hats

1. The hat of knowing and recognizing things about oneself.
2. The hat of knowing and recognizing things about others.
3. And, the hat of community.

Coffee Filter Kindness

- Reach up to be our best selves; Be a peace maker; Remain humble by bowing; Turn our life around; Take a step forward; Open our mind; Be creative

Tic Tacs to Bean Bag Chairs

- The big things in life are done little by little. We can be kind and welcome others with something as small as a smile, an apology, or as simple as a phrase like, "Come sit with us."
- There is hope for solving our giant problems in the world if we come together in small ways. All things are possible with effort and vision.