



Kindness begins with me...

The Kindness Pledge

I pledge to myself, on this day,
To try to be kind, in every way.
To every person, big and small,
I will help them if they fall.
When I love myself and others, too,
That is the best that I can do!

Celebrating Kindness

At Parkville, the students kicked off the “**Kindness Campaign**” with a Kindness Assembly, which took place on November 17th, 2016.

As part of the program, we read “Have You Filled a Bucket Today?” – A Guide to Daily Happiness For Kids by Carol McCloud. We discussed being kind to one another and how each person can fill their very own “invisible bucket” while filling someone else’s “bucket” through acts of kindness. The students were encouraged to be kind “bucket fillers”, and throughout the school year, if they are “caught being kind”, they will be given a kindness coin to place in our school’s kindness bucket.

You can also visit www.oprah.com/spirit/35-Little-Acts-of-Kindness for inspirational “Little Acts of Kindness”.

Additional Websites

www.naturalparentsnetwork.com/60-acts-of-kindness-for-our-families

www.highlights.com/parents/articles/25-totally-cool-random-acts-of-kindness-your-kids-will-love-to-do

www.momentsaday.com/acts-of-kindness-for-families

As we bring in the New Year, here are some great books to read with your children.

13 Children’s books That Encourage Kindness Towards Others

https://www.buzzfeed.com/emeynardie/13-childrens-books-hat-encourage-kindness-toward-26paw?utm_term=.ff4qWyoNB

Enjoy participating in a fun “Kindness Challenge” together.