



Promoting Kindness, Empathy, and Compassion

List of Resources for Schools

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Programs and Lessons that Promote Kindness, Compassion, and Empathy (all are free!)

1. Heart-Mind Online (<http://heartmindonline.org/>)

Description: Heart-Mind Online is for all those who are searching for evidenced-informed resources that educate the hearts of children. The collection of resources builds capacity in individuals and communities to support the Heart-Mind well-being of children, and promotes their positive social and emotional development. This website was developed by the Dalai Lama Center for Peace and Education.

2. Random Acts of Kindness Foundation (<https://www.randomactsofkindness.org/>) *Kindness in the Classroom Curriculum* (<https://www.randomactsofkindness.org/for-educators>)

Description: Download our FREE K-12 lesson plans, lead a kindness project or form a kindness club. Our curriculum features developmentally appropriate, standards-aligned lessons that teach kids important Social Emotional (SEL) skills.

3. Choose Love Enrichment Program (<http://www.jesselewischooselove.org/resources/enrichment-program/>)

Description: Free online PK-12th Grade Program, requiring only pre and post survey feedback to access, Social and Emotional Learning Curriculum, Lessons incorporating important Character Values, Courage, Gratitude, Forgiveness, and Compassion, that cultivate optimism, resiliency and personal responsibility

4. Learning to Give (<http://www.learningtogive.org/>)

Description: 1,700 free lessons to inspire and equip K-12 students to use their hearts and minds to impact their world and themselves

Websites that Provide Useful Tips and Research Findings

1. Greater Good Magazine

Kind kids: Getting children to be helpful might be easier than we think

https://greatergood.berkeley.edu/article/item/kind_kids1

Four ways to encourage kindness in students

https://greatergood.berkeley.edu/article/item/4_ways_to_encourage_kindness_in_students

2. Restorative Discipline – 8 Tips for Schools Interested in Restorative Justice

<https://www.edutopia.org/blog/restorative-justice-tips-for-schools-fania-davis>

3. Yale Center for Emotional Intelligence – RULER

<http://ei.yale.edu/ruler/the-anchors-of-emotional-intelligence/>

Recognizing emotions in self and others

Understanding the causes and consequences of emotions

Labeling emotions accurately

Expressing emotions appropriately

Regulating emotions effectively

4. 5-Minute Film Festival: Videos on Kindness, Empathy, and Connection

<https://www.edutopia.org/blog/film-festival-kindness-empathy-connection>

5. Kind Foundation (funding competition for Canadian kindness projects)

<https://www.kindsnacks.com/foundation/causes/how-it-works/>

Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind.

—Henry James

6. Kindness-themed children's books

1. Zen Ties (Jon Muth)
2. One Love (Cedella Marley)
3. Somebody Loves You Mr. Hatch (Eileen Spinelli)
4. The Three Questions (Jon Muth)
5. The Short Tree and the Bird that Could Not Sing (Dennis Foon)
6. Wilfrid Gordon McDonald Partridge (Mem Fox)