

# Kindness and Gratitude

*are the Hallmarks of Social and Emotional Wellbeing!*



Together, we can create kind, gentle and compassionate schools that embrace gratitude and promote mental wellness.



## Resources:

### The Greater Good Science Center

Based at the University of California, Berkeley, [The Greater Good Science Center](#) studies the psychology, sociology, and neuroscience of well-being and teaches skills that foster a thriving, resilient, and compassionate society.

### Greater Good in Education Online Resource

In February of 2020, the [Greater Good in Education](#) (GGIE), was launched. It is a free online resource that distills strategies and practices for the social, emotional, and ethical development of students and the adults who work with them, synthesizing the top insights and best practices from science, programs, and practitioners. [Greater Good in Education Online Resource!](#)

### The Greater Good Science Center - Gratitude Curricula

The Greater Good Science Center is excited to offer two curricula on the topic of gratitude so your students can cultivate a practice of gratitude and experience some of the benefits that come along with that practice.

*“[Nurturing Gratitude from the Inside Out: 30 Activities for Grades K–8](#)” was originally developed by The Inner Resilience Program. This curriculum includes 30 activities for grades K–8.*

*“[Thanks! Strengths-Based Gratitude Curriculum for Tweens and Teens](#)” was originally developed by leading gratitude expert, Dr. Giacomo Bono, along with his colleagues at the Youth Gratitude Project. This curriculum includes four lessons to help students understand the meaning of gratitude and how to cultivate it in their everyday lives (includes teacher’s guide, handouts and powerpoint slides).*

[Gratitude Curricula Resources](#)

*Begin each day with a  
Grateful Heart! *



Kindness is more than just “being nice” – it’s a skill. Like other skills, it can and should be taught, reinforced, and celebrated.



## Random Acts of Kindness Foundation

Random Acts of Kindness Foundation offers free resources to promote kindness at home, work and school.

The Collaborative for Academic, Social, and Emotional Learning (CASEL)—the world’s leading organization for advancing social emotional learning—has recognized [Kindness in the Classroom](#)® as a CASEL SElect program for excellence in supporting SEL in schools and districts nationwide.

### [2022-23 Printable School Calendar](#)

It’s a perfect addition to the walls of any hallway, office, classroom or teacher lounge. You could also use this to share a daily kindness idea during morning announcements.

### Classroom Lessons:

#### [Kindness in the Classroom](#)

A FREE K-8 evidence-based social emotional curriculum that more than 30,000 schools use globally! The lessons are simple, scripted and create real impact not only in the classroom, but throughout the school building.

#### [Preschool Lessons](#)

Our new pre-k lessons are designed to help schools create a culture of kindness starting as young as three years old.

#### [Kindness Quotes](#)

Printable kindness quotes you can share with your class.



## Kindness Videos

[Min Jee’s Lunch](#): Friends and peers at Min Jee’s school learn more about her family’s traditions through the meal that her father packs for her at lunchtime.

[Pip, A Short Film](#): Although he is different from the other pups at Guide Dog School, Pip works hard to show the others that he can achieve the same goals as them.

[Sesame Street-We’re Different, We’re the Same](#): Gordon, Abby, and Elmo discover that each of us are special in our own way.

[When Nobody’s Watching](#): One community reminds us, that kindness is contagious.

In a world where you  
can be anything, **be kind.**