

Schools

This toolkit is for schools who have taken the Choose Kindness pledge and provides inspiration as to how you can promote kindness throughout your school, whether this is in the classroom or on a wider pastoral level.

We've broken down how kindness can make a difference to:

- People – pupils, staff and those linked to your school.
- Place – the wider community and locality that your school is based in.
- Planet – the environment and natural world.

There are no limits to how kindness can be shown, so please feel free to use the following as a starting point or to develop your own ways of supporting the Choose Kindness movement.

People

- Kindness acts of the week – recognise kindness across the school by presenting Choose Kindness certificate (see resource in toolkit)
- Kindness days – identify specific days where the school can focus on what kindness means and how this can be demonstrated.
- Kindness area – create a space where pupils can go when they feel lonely or wants someone to talk to. Others then recognise their need and provide support.
- School council – include kindness as a theme of any school councils to ensure is discussed.
- Buddy schemes – link pupils up to provide social and emotional support to each other.
- Kindness ambassadors – identify pupils who are tasked with the responsibility of encouraging more kindness in the class and school: [KindnessAmbassadors - School of Kindness](#)
- Be kind to yourself – promote wellbeing and acceptance amongst children and young people: [Positive Body Image and Attitudes resources for Children and Young People! - Healthy Schools \(healthylearningdoncaster.co.uk\)](#)
- Being kind online – discuss the importance of and how to be kind online.
- Clothes banks – consider setting up banks where people can donate uniforms, prom dresses etc that can be reused by other pupils.

Place

- Volunteering – consider whether pupils can be given time to volunteer and make a difference locally.
- Orchestra/choir – giving concerts to others in the community (eg an old people's home).
- School fetes – providing events that can bring communities together.
- Fundraising – supporting local or national charities.
- Food banks – organising donations to support local people.
- Harvest Festivals – encouraging pupils to donate to collections to distribute around the community.

Planet

- Litter picks – organise a litter pick in and around your school. Look out for local and national initiatives that you could support.
- Recycling – identify ways things could be reused across your school or use old objects creatively in arts and crafts sessions.

- Be kind to the planet – consider banning single use plastics, reducing paper usage etc across your school.
- Planting - plant bulbs, plants or trees in your school if possible.
- Wildlife areas – build bug hotels or allow some areas to ‘rewild’ to encourage areas for small animals and insects to live.
- Active travel – encourage pupils and staff to walk to school or use other forms of transport other than a car. If visiting somewhere local on a school trip, consider whether you could walk there rather than by using a vehicle. [Get Involved in Cycling - City of Doncaster Council](#)
- Environmental champions – identify pupils to identify and lead on ‘green’ initiatives in your school.

Feel free to shout about you promote kindness on social media or other communication channels. Use #ChooseKindness so that the movement can keep track of what you are up to.

We’d also love you to share examples of how you support and promote the values of Choose Kindness. You can do this by completing the online [Tell us about a kind act](#) form.