



Make it a “**Keep Kindness Going**” Week at school! Read an announcement every day of the week to reinforce the theme. Announcements can be made by the principal, the counselor or students!

- M** Starting chains of kindness
- T** The domino effect
- W** What can you do today?
- Th** How kindness feels
- F** At home and in the community

Daily Announcements

A week of paying-it-forward!

MONDAY

GOOD MORNING! This is ____ from Mr./Ms.____’s class. Today is the beginning of “Keep Kindness Going” week. **You might be asking, what does it mean to keep kindness going?** When we say ‘keep kindness going’ we’re talking about starting a chain of kindness. For example, if I receive a nice compliment, and then I go and give someone else a nice new compliment, and then they go and give another person a compliment, then we’re making a chain of kindness. When we keep kindness going like this, we create a chain of kindness that can go on forever! Today, try and start a chain of kindness with three people in your classroom!

TUESDAY

GOOD MORNING! This is ____ from Mr./Ms.____’s class. Yesterday, we announced that it’s “Keep Kindness Going” week, and we told you that you can keep kindness going when you start or continue a chain of kindness. Another way to think about it is to imagine a row of dominoes standing on end. When the first domino gets bumped over, it bumps over the second, which bumps the third, and so on, until all of the dominoes get bumped! **Well, when we say kind words to someone, it’s a lot like bumping the very first domino.** If the person who receives the kind words chooses to say some kind words to someone else, then they keep kindness going, just like a domino chain! Pretty cool, huh? So today, when someone says something nice to you, be like a domino and choose to say something nice to someone else in our school. Let’s see if we can spread a kind word to every single person in the school today!

GOOD MORNING! This is ____ from Mr./ Ms.____’s class. Yesterday, we talked about how we can keep kindness going like a long domino chain. By continuing to pass kindness to others, we can make kind words go on forever! Now let’s **imagine a few ways that we can use our actions to keep kindness going throughout the school.** Think about these questions. Ready? What is a kind act that you can do in your classroom today? *[5 second pause]* What is a kind act that you can do in the lunchroom today? *[5 second pause]* What is a kind act that you can do at recess today? *[5 second pause]* After today’s announcements are finished, share your answers with your classmates. Try to do your kind actions later today, and notice if kind actions continue on!



GOOD MORNING! This is ____ from Mr./Ms.____’s class. Today is the fourth day of “Keep Kindness Going” week, and **we’re going to take a moment to think about how kindness makes others FEEL.** Imagine that you helped a kindergartener clean up some milk that tipped over. How do you think that kindergartener felt right after you helped him? Or, imagine that you saw a teacher carrying a heavy stack of books, and you said, “Can I help you carry those?” How did the teacher feel when you helped her? And what if during recess, you taught a new student how to play your favorite playground game. How would the new student feel? The truth is, sharing kindness is a form of encouragement, and when you encourage others you make people feel awesome inside! And when you make people feel awesome inside, they are going to keep kindness going by showing even more kindness to others!

GOOD MORNING! This is ____ from Mr./Ms.____’s class. All week, you’ve all spread kind words and actions around school in order to keep kindness going! And it’s having a very positive effect on everyone here. Because today is the final day of Keep Kindness Going week, **it’s the perfect time to think about how we can also keep kindness going in our homes and in our neighborhoods.** Ready? Think about someone in your family. Now think about one kind act that you can do for them today. *[5 second pause]* Now, think about one kind act that you can do outside of school this afternoon. *[5 second pause]* After today’s announcements, share your answers with your classmates. When you go home today, act kindly toward someone in your family and do something kind in your neighborhood. Think about how those actions might start a **chain of kindness.** Encourage others to keep kindness going in the same way that you have this week! Just imagine all the ways that you and others will make a kinder, happier world by keeping kindness going.