

Why are we less
than kind?



Do you wonder?

Change your world.
Change your life.



INTERNATIONAL TRAINING ASSOCIATES

The Ripple Effect

April 2008



WHO: International Training Associates is a nonprofit organization. www.TrainingWeal.org 800-624-1120

VISION: Organizational & community catalyst, transforming apathy into action for positive social change.

GOALS:

- ✓ Foster philanthropy, dignity, social activism and community wellness.
- ✓ Encourage understanding, build bridges, create advocates for positive change.
- ✓ Collaborate with global initiatives that help to reduce poverty by educating women and children.

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The Kindness Campaign: It's Cool to be Kind

This experiential & innovative program stimulates a culture of dignity and respect by breaking barriers to understanding and creating a common ground. Participants explore the root causes of meanness, bullying and the hidden culture of aggression in girls. It is a chance for all members of a learning community to find their voice, to feel safe and to be inspired towards excellence. Recognizing youth as our most valuable asset, the Kindness Campaign empowers them to **be** the change, to develop a global lens and to positively contribute to their local and global community.

Spring 2008 Update: The Kindness Campaign is in full gear in schools throughout Idaho and California. We have been genuinely moved and inspired by the commitment, compassion and determination of all those creating a climate of dignity, caring and respect – a place where everyone feels they belong and inspired to live to their full potential.

In an effort to broaden the ripple effect fostered by the Kindness Campaign, we have gathered some creative ideas and initiatives, both large and small, that schools have successfully implemented and kids have carried out.

If you have a project or idea which you'd like to include, please forward it to us. We will include it in our next Newsletter. Send your ideas to: Kim@TrainingWeal.org.

HIGHLIGHT: SMALL GROUP ACTIVITY

Pathways Middle School share an activity they do with small groups that stimulate reflection, empathy and understanding of oneself and others. It is called "*Walk a Mile in My Shoes*" and can be found at the end of this Newsletter.

HIGHLIGHT: SERVICE PROJECT

Weaving Philanthropy, Business, Budgets & Compassion

Those of you who attended the 2007 Idaho State Prevention Conference will clearly remember the unique conference bags, hand-made by the women of the East Africa Center Sewing Club. The 1,000 bags came in a "riot" of colors, each one inscribed with the artist's name. With the financial boost from our last two orders for conference bags and with the business savvy from a Peace Corp Volunteer, the women of the East Africa Center have now branched out to form their own women's small business cooperative - The Takaunga Sewing Club.

Well, this year the Girls Combined Youth Action Councils from Kimberly, Hansen and Castleford schools decided they wanted to support this new Takaungu Sewing Club. So, for their global initiative they ordered quilted briefcases which they sold to their peers at a profit.

The philanthropy did not stop there. Interested in micro-lending, they continued the 'ripple-effect' by lending the profit from their bag sales to projects/people featured on Kiva.org, an on-line micro-financing vehicle. The money they invest is Kiva.org will eventually be paid back to their service fund. Upon repayment, they will lend to another woman or family wanting to set up a small business to get out of poverty and send her children to school.

The girls are also looking for pen-pal girls from Takaungu and their micro-lending project(s). They also spent the Fall raising money for their school and community service initiatives, such as paying a portion of the medical bills for a girl at their school who was in an automobile accident, or being mentors to younger students in their communities, or collecting food for their local food banks.

HIGHLIGHT: CREATIVE RESPONSE

The Drama Club at Pathways Middle School produced a beautiful film called *Believe* for our inaugural Youth Film Festival. It will be shown at the 2008 Idaho Prevention Conference in Sun Valley this April in front of 1,000 attendees from the State Dept. of Education and Health & Welfare. Their film will be on tour with us in schools throughout the country – good work!

2008 Kindness Campaign Initiatives

Small Meaningful Actions, Making a Big Difference

Compiled from all of our Kindness Campaign Sites

- Send cards to feeder schools.
- Upperclassmen mentoring the lower grades.
- Start a Friendship Club
- Conduct 'Mix it Up' days often....sitting with different people during lunch
- Raise money for needy families.
- Place an Electronic Picture Frame near the front office and display your pictures of the Kindness Campaign. Keep it alive! Reflect upon the purpose and experience.
- Form a New Student Greeting Committee.
- Have a Parent/Student Kindness Training.
- Have a Kindness Bulletin Board and post your 100 Acts of Kindness that have been performed.
- Each class has a Kindness Box. When students witness acts of kindness they make a note and put it in the box.
- Students are invited to write compliments for his or her classmates and put them into a little bag made for each student.
- Have a Warm Clothing Drive.
- Students make fleece blankets for the patrons of the local nursing homes.
- Host a Kindness Boot Camp. A slogan contest is launched by students. Each class will make up a rap or chant to be done at assemblies.
- Design a bulletin board titled....Love Is. Have students complete the statement with word, art, poetry.
- Kindness Easter Egg Hunt: Words of kindness found in each egg.

HIGHLIGHT: INITIATIVE FOR *Helping Kids Take Responsibility*

Troy MS, in an effort to have their students begin to take more responsibility for their actions, came up with a plan of action that worked AND decreased the number of kids lining up in the Principals office for discipline. Here's what they did: When a student was found acting disrespectfully or irresponsibly, they would be given a citation for their specific action and have to attend a short workshop during their morning recess. During the workshop, they would have to reflect upon their action and write about what they were responsible for. Attached is the citation (*Personal Responsibility Workshop Referral Form*) and *Personal Responsibility Worksheet* the kids complete.

Personal Responsibility
Workshop Referral
Form

Students' Name: _____

Teacher's Name: _____

Date: _____

- I did not bring my materials to class
(binder, notebook, textbook, assignments)
- I was talking out during class
- I did not enter and/or leave the classroom
appropriately
- I did not line up quietly
- I did not walk quietly in the hallway
- I did not line up when the recess bell rang
- I did not turn my work in on time
- I did not show respect with my language
and/or manner

Workshop Teacher:

Monday: Mr. Bohman
Wednesday: Mrs. Flakus
Friday: Ms. Schneider

*All Workshops will be at morning recess (10:05 – 10:20).
Please report to the teacher's classroom.*

Personal Responsibility
Workshop Referral
Form

Students' Name: _____

Teacher's Name: _____

Date: _____

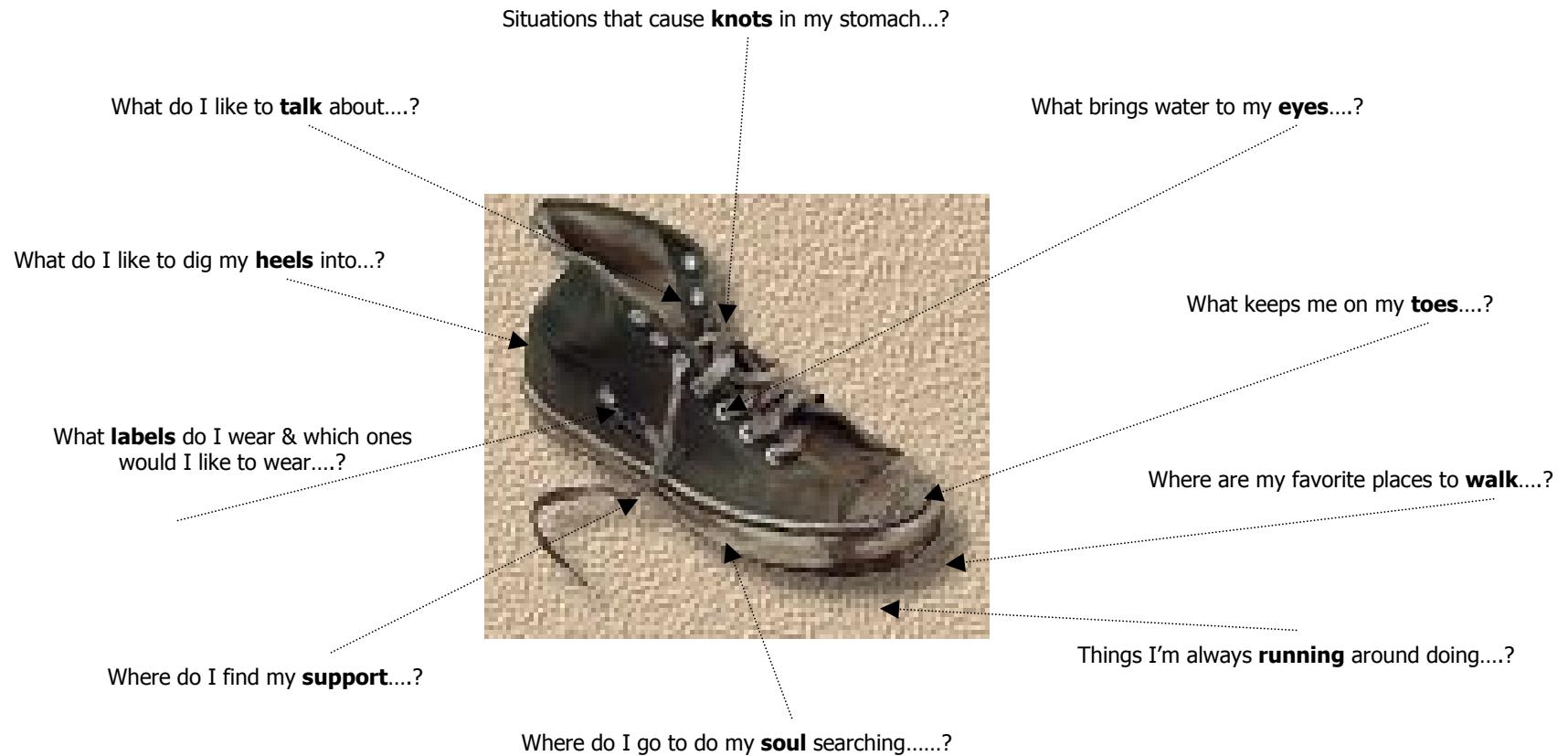
- I did not bring my materials to class
(binder, notebook, textbook, assignments)
- I was talking out during class
- I did not enter and/or leave the classroom
appropriately
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Walk a Mile in My Shoes



If the shoe fits, wear it. If it doesn't, change it.

Reflections on....

The Language of Kindness

GUIDELINES:

1. Take care of yourself
2. Take care of each other
3. Take care of this place

OTHER OPTIONS:

1. Be kind to ourselves
2. Be kind to each other
3. Be kind to this place

OTHER OPTIONS:

1. Respect yourself
2. Respect each other
3. Respect this place

- It's easy to be mean. It takes **courage to be kind**. It's cool to be kind.
- Do your best, not just enough to get by.
- Stand up, don't stand by.
- Do what's right, even if it isn't popular.
- Do what's right, even if no one is watching.
- Don't let your friends push you into being mean.
- Choose friends with whom you can truly be yourself.
- If your friends don't accept you for who you truly are, maybe you need to look for new friends.
- Have lots of 'best' friends. Have friends from other schools.
- Was that a respectful thing to do? Was that a kind thing to do?
- You're better/bigger than that.
- Walk 2 moons in their moccasins. Walk a mile in their shoes.
- Respect isn't about liking. Treat everyone with respect and dignity even if you don't like them.
- You have to give respect to get respect.
- You have to be kind in order for people to want to be kind to you.
- Be kind not nice.
- Learn to forgive and let things go.
- Bearing a grudge or seeking revenge or not forgiving is like drinking poison and waiting for the other person to drop dead.
- When you judge others, put others down, taunt others, three fingers point back at you. It is self-incriminating. It says to the world:
 1. *I feel so bad about myself that I'm going to try to make you feel worse so I can try to feel better.*
 2. *I'm insecure, I put people down.*
 3. *Others are mean to me, so I'll be mean to you*

Grassroots Organizations to Support



www.Kiva.org Kiva lets you loan to the working poor. Connect with and loan money to unique entrepreneurs in the developing world. By choosing a loan on Kiva, you can 'sponsor a business' and help the world's working poor make strides towards economic independence. Throughout the course of the loan (usually 6-12 months), you can receive email journal updates from the entrepreneur you've sponsored. As loans are repaid, you get your loan money back.



www.MonaFoundation.org

Mona Foundation is a 501(c)(3) organization dedicated to supporting grassroots educational initiatives and raising the status of women and girls in the United States and abroad.



www.PenniesforPeace.org

Pennies for Peace educates American children about the world beyond their experience and shows them that they can make a positive impact on a global scale, one penny at a time. Our best hope for a peaceful and prosperous world lies in the education of all the world's children. Through cross-cultural understanding and a solution-oriented approach, Pennies for Peace encourages American children, ultimately our future leaders, to be active participants in the creation of global peace.



www.Operation-Shanti.org Operation Shanti's Mission is...

To directly improve the lives of exploited, at-risk, destitute children and the forgotten, suffering elderly, enabling them to become "beacons of light" and share the same gifts of peace, goodwill, and generosity with others for the rest of their lifetimes.

We help the poorest and neediest children and elderly, and the forgotten destitute, with the basic human needs: food, shelter, medical services and educational assistance. As we believe that every human can and should stand on his/her own, we are there to help the destitute begin to help themselves. Reel Youth produced a short film called **Goonda** highlighting the work of Operation Shanti. This six minute film can be seen on YouTube or www.reelyouth.ca.



sunflowermission.org

The sunflower, resilient and bright, always grows towards the sun. It symbolizes strength, hope and growth. Like sunflowers, we hope that with the proper educational nourishment, Vietnam will also grow. Sunflower Mission is a 501 (c)3 organization committed to improving the lives of the people in Vietnam, mainly through educational assistance programs. We are a U.S.-based, non-profit, non-political, non-governmental organization.

Takaunga Sewing Club - Kenya: Provider of the conference bags for the 2008 Idaho Prevention Conference. With the financial boost from our last two orders for conference bags and with the business savvy from a Peace Corps Volunteer, the women of the East Africa Center have now branched out to form their own women's small business cooperative - The Takaunga Sewing Club. To receive a catalogue or submit orders for bags, please contact Kate Crowley, the Peace Corps volunteer coordinating their project: kaptel7@gmail.com.



Resources for Parents and Educators

Taken from Seeds of Compassion www.seedsofcompassion.org

Here are some wonderful suggested titles on topics ranging from: peaceful ways to problem solve, valuing diversity, developing values and fostering compassion. Besides reading these stories to young children, most of these books can be read by elementary students themselves. These are also good picks when older students (middle school, junior high & high school students) are looking for books to read to elementary students in cross-age tutoring/mentoring situations where they are teaching younger students about kindness, empathy and compassion.

Many of these are also perfect stories for adults and students to learn and then retell as oral story.

Annotated version available at www.seedsofcompassion.org.

Contributing to Classroom and School Community:

- *Horace and Morris but Mostly Dolores*, James Howe, 1999
- *How to be a Friend*, Brown and Brown, 1998
- *Stone Soup*, Jon J. Muth, 2003
- *Sam and the Lucky Monkey*, Karen Chinn, 1995
- *Ballerinas Don't Wear Glasses*, Ainslie Manson, 2000
- *Fox*, Margaret Wild, 2001
- *Me and Mr. Mah*, Andrea Spalding, 1999
- *Nobody Likes Me*, Raoul Krischanitz, 1999
- *The Very Best of Friends*, Margaret Wild, 1989
- *Chester's Way*, Kevin Henkes, 1988
- *Rosie and Michael*, Judith Viorst, 1974

Solving Problems in Peaceful Ways

- *Lilly's Purple Plastic Purse*, Kevin Henkes, 1996
- *Hunter's Best Friend at School*, Laura Malone Elliott, 2002
- *The Day the Whale Came*, Eve Bunting, 1998
- *Enemy Pie*, Derek Munson, 2000
- *Chicken Sunday*, Patricia Polacco, 1992
- *Peace Begins with You*, Katherine Scholes, 1989
- *The Ant Bully*, John Nickle, 1999
- *Mean Soup*, Betsy Everitt, 1992
- *When Sophie Gets Angry – Really, Really Angry*, Molly Bang, 1999
- *The Meanest Thing to Say*, Bill Cosby, 1997
- *The Recess Queen*, Alexis O'Neill, 2002
- *Hands are not for Hitting*, Martine Agassi, 2000
- *Why?*, Nikolai Popov, 1996

Valuing Diversity

- *Stellaluna*, Janell Cannon, 1993
- *All Families are Special*, Norma Simon, 2003
- *The Araboolies of Liberty Street*, Sam Swope, 1989
- *Weslandia*, Paul Fleischman, 1999
- *Whoever You Are*, Mem Fox, 1997
- *Thank You Mr. Falker*, Patricia Polacco, 1998
- *Suki's Kimono*, Chieri Uegaki, 2003
- *The Skin I'm In*, Pat Thomas, 2003
- *The Sneetches and Other Stories*, Dr. Seuss, 1961
- *Amazing Grace*, Mary Hoffman, 1991
- *Mr. Lincoln's Way*, Patricia Polacco, 2001
- *And Tango Makes Three*, Henry Cole, 2005
- *Everybody Cooks Rice*, Norah Dooley, 1991

Exercising Democratic Rights and Responsibilities

- *Something Beautiful*, Sharon Dennis Wyeth, 1998
- *Ordinary Mary's Extraordinary Deed*, Emily Pearson, 2002
- *Prince William*, Gloria Rand, 1992
- *The Carpet Boy's Gift*, Pegi Dietz Shea, 2003
- *The Butterfly*, Patricia Polacco, 2000
- *Luba – The Angel of Bergen-Belsen*, Luba Tryszynska-Frederick (as told to Michelle R. McCann), 2003
- *Hana's Suitcase*, Karen Levine, 2002
- *The Story of Ruby Bridges*, Robert Coles, 1995
- *Through My Eyes*, Ruby Bridges
- *If a Bus Could Talk – The Story of Rosa Parks*, Faith Ringgold
- *Freedom on the Menu – The Greensboro Sit-Ins*, Carole Boston Weatherford
- *Dear Willie Rudd*, Libba Moore Gray
- *I Have a Dream*, Dr. Martin Luther King Jr. (Foreword by Coretta Scott King), 1997