

Week of Respect 2017

With Week of Respect right around the corner, it is time to begin thinking about what your school is going to do celebrate. While planning keep in mind this year's Summit theme is **Be Kind. Every Day, Every Time, Everyone. #Kindness365** Here are some ideas of what local schools have done in previous years...

- * During lunch students took part in mixing it up by eating lunch with people they usually don't sit with
- * Students created bulletin boards with positive sayings
- * Created a RESPECT garden
- * Read books out loud to younger students
- * Stuck Post-It notes with positive messages on lockers
- * Assisted in cleaning up around the school
- * Created a student safety committee
- * Hosted workshops on bullying/cyberbullying
- * Began a buddy system where older students were paired with younger ones
- * Created a "buddy bench" on their playground

6 Steps to be Kind

1. Volunteer
2. Work with others who need help
3. Practice active listening
4. Speak with kindness and compassion
5. Say "Thank-you"
6. Perform acts of kindness

Use your voice for **kindness**, your ears for **compassion**, your hands for **charity**, your mind for **truth**, and your heart for **love**.

The Kindness Rocks Project

What is the Kindness Rocks Project? Check out the goals of this great project!

Goal #1: Inspire others through randomly placed rocks along the way

Goal #2: Recruit every person who stumbles upon it to join in the pursuit of inspiring others through random acts of kindness

In the spring of 2015, Megan Murphy, started the Kindness Rocks Project by displaying brightly painted rocks bearing inspirational messages at locations around Cape Cod for anyone to discover. Her goal was to spread a little hope and comfort to those who would see the rocks.

What began as a hobby for this life coach and mother of three has grown in the past two years into a grassroots kindness movement, with individuals across the United States taking part in creating these random acts of kindness.

When Murphy began placing painted rocks she felt silly, until one of her friends recognized it was her and told her "I was having a bad day, and it really made me happy." At that moment, Murphy recognized that this could help others and she decided to continue on.

Murphy's daughter suggested the use of #thekindnessrocksproject so that this project could be tracked. You can check out some examples of the kindness rocks by checking out #thekindnessrocksproject on Facebook and Instagram.

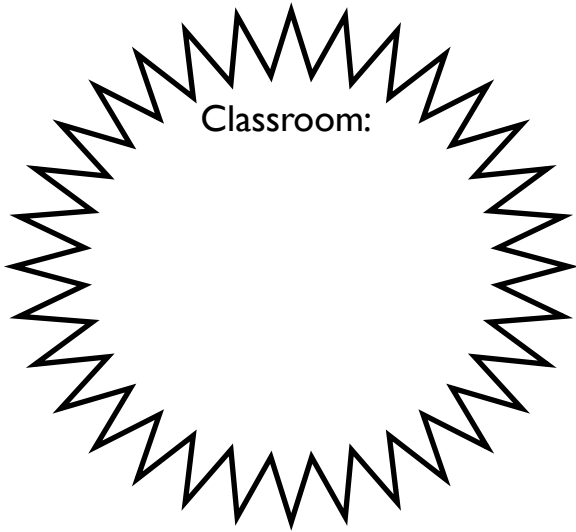
Are you interested in getting involved? Participating in this project is easy! Simply follow these steps:

- 1: Find some flat smooth rocks
- 2: Prepare the rocks by spraying or painting them with non-toxic spray/paint
- 3: Use oil base sharpie paint pens to create your artwork
**Be sure to add #THEKINDNESSROCKSPROJECT
- 4: Finally paint a final coat of non-toxic clear sealant
- 5: Place your rock somewhere that people are going to see it to brighten their day

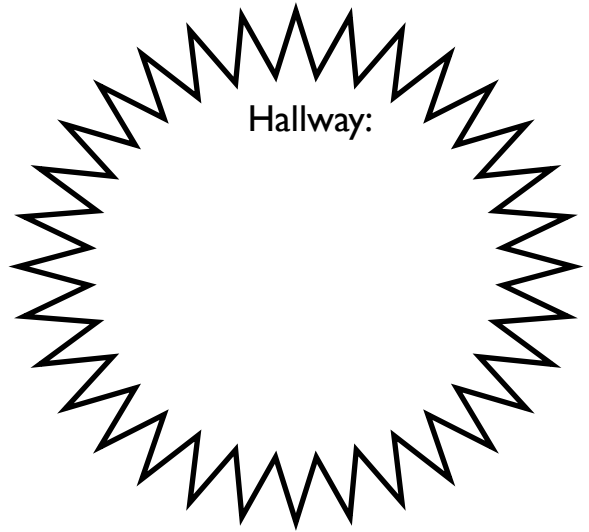


Ways to show respect:

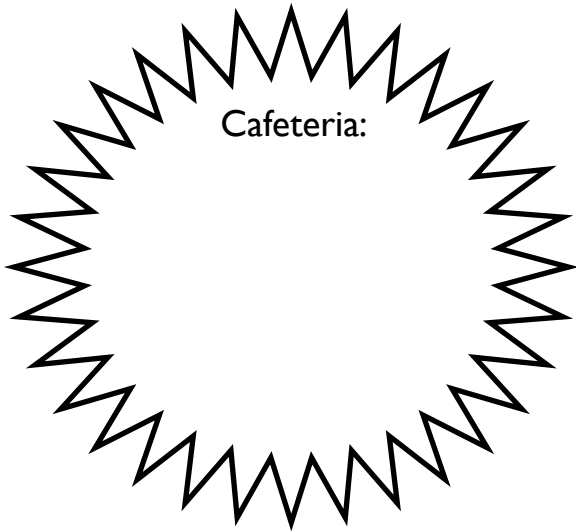
Classroom:



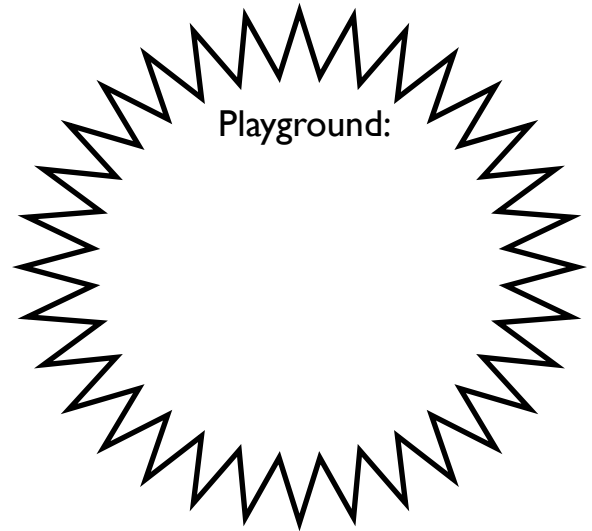
Hallway:



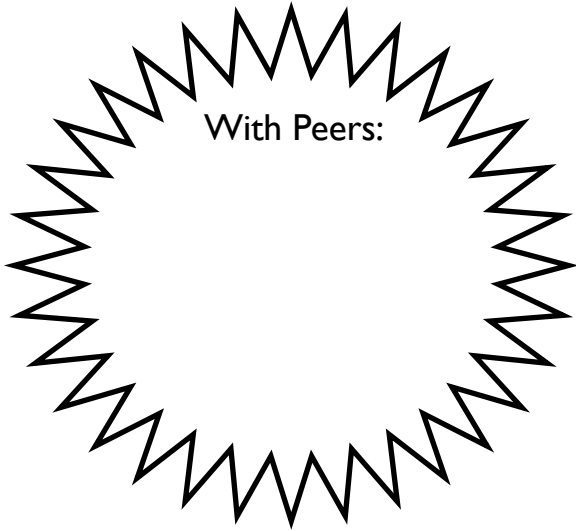
Cafeteria:



Playground:



With Peers:



With adults:

