

FEBRUARY 5, 2026

# KICKOFF FOR KINDNESS

A NATIONWIDE SCHOOL KINDNESS PRESENTATION



## CLASS GUIDE: GRADES 5-8

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

### Student Videos Reflection

(Runner-Ups [2:46–5:36])

One student moment that stuck with me was:

\_\_\_\_\_

Because: \_\_\_\_\_

\_\_\_\_\_

### Kindness Playbook

(choose 1 and do it for the next 5 school days)

Pick ONE and write your game plan:

- **The Assist** (help without being asked)
- **The Inclusion Call** (invite someone in)
- **The Respect Reset** (repair a mistake you made)
- **The Gratitude Shout-Out** (thank someone for something they did or said)
- **The Comeback** (encourage someone who's down)

My play: \_\_\_\_\_

When/where I'll do it:

\_\_\_\_\_

\_\_\_\_\_

## Kindness Scoreboard

(make a tally mark each time you see it in the video)

**Kindness:**

**Respect:**

**Courage:**

**Inclusion:**

**Teamwork:**

**Gratitude:**

## **Student Video Runner-Ups**

(Loneliness / Inclusion / Self-Kindness) [2:46–5:36]

What made someone feel left out or invisible?

What's one move that would help (today)?

## **Merrill, Michigan**

("Kindness Comes Full Circle") [8:21–9:59]

What did the cheerleaders do that made their kindness feel real (not performative)?

## **Hall of Fame Interview: Warren Moon**

(Humility + Leadership) [9:59–14:12]

"Leadership is how you handle people individually." What's one example of that at school?

## **Student Winner Video** [26:19–28:50]

Key idea: "Every person you meet is fighting a battle you know nothing about... be the person who chooses to stop."

What does "stopping" look like in a real school moment? (pick one)

- Invite someone to join you
- Check on someone who seems down
- Speak up when someone is being targeted
- Say hello / smile / acknowledge someone
- Other: \_\_\_\_\_