

FEBRUARY 5, 2026

KICKOFF FOR KINDNESS

A NATIONWIDE SCHOOL KINDNESS PRESENTATION



Kindland
JUST BE KIND



 **values**
in action

Kindland
JUST BE KIND

CLASS GUIDE: GRADES 9-12

Name: _____

Class: _____

Date: _____

Hall of Fame Interview: Warren Moon

(Leadership + Kindness) [9:59–14:12]

What does “handle people well” look like in your day-to-day (class, team, group chats)?

One leadership habit I want to practice:

Hall of Fame Interview: Drew Pearson

(“Do Today”) [17:31–20:08]

What kind action have you been delaying?

What’s one step you can do today?

Drew’s message: “There isn’t always next season.” What does that mean in real life?

Kindness Scoreboard

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

Kindness:

Respect:

Courage:

Inclusion:

Teamwork:

Gratitude:

Student Kindness Videos (Runner-ups) [2:46–5:36]— One takeaway

One line/idea I want to remember:

Because:

Student Winner Video: [26:19–28:50]

Core thesis: People carry invisible weight; kindness is the choice to notice and STOP.

- What “battle you know nothing about” might someone be carrying at school (in person or online)?
- What does “stopping” look like in a real moment (hallway, lunch, online)?
- Action commitment: Identify one person/situation you will “stop for” this week and how you’ll do it.