

## LESSON ONE

# Program Summary



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**Be Kind® STICK TOGETHER®** is a free, character education program offered to schools and youth organizations by Project Love and Duck Tape® in an effort to provide a fun and different way to explore the important social-emotional learning concepts of kindness and sticking together to combat bullying and negative behaviors. Using a combination of tools, the program mixes large group discussion, video elements, hands-on activities and a writing exercise to keep participants interested and engaged. The lesson culminates with participants pledging to “stick together” as they write their individual names on pieces of Duck Tape® and post them together on a provided poster. This poster can hold the pledges/names of up to 400-500 participants. After the program, the banner should be displayed prominently in your building as a constant reminder to be kind, caring and respectful to others.

### **Be Kind® STICK TOGETHER® has been developed with schools and organizations in mind.**

We have taken into consideration the small amount of extra time schools and organizations have to provide special programs by creating a short, easy-to-implement program design. Packaged so that programs can present the 45-50 minute session using your own teachers, counselors, coaches, staff or high school-age students as the program facilitators, we have created a new and interesting way for you to reach your program and encourage a positive group climate. Inspiring a culture of kindness, caring and respect in your schools and organizations will inevitably lead to success in the classroom, clubs, programs, hallways and playgrounds.

**Materials Provided.** You will be provided a step-by-step, how-to guide for your facilitator(s) along with link to the necessary handouts and materials (included in the provided downloadable materials). You will also be shipped the physical program materials. All you have to do is print the handouts and organize the program logistics by arranging the participants and room set up.

For questions, please contact Amanda at 440.463.6205 or [amanda@projectlove.org](mailto:amanda@projectlove.org)

