

FEBRUARY 5, 2026

KICKOFF FOR KINDNESS

A NATIONWIDE SCHOOL KINDNESS PRESENTATION



CLASS GUIDE: GRADES K-4

Name: _____

Class: _____

Date: _____

Rules of the Game

Life is a game — the goal is BE KIND!

Write (or have your teacher write) your class rules:

Rule #1:

Rule #2:

Rule #3:

Rule #4:

Rule #5:

Kindness Scoreboard

(make a tally mark
each time you see it)

Kindness:

Respect:

Courage:

Inclusion:

Teamwork:

Gratitude:

Kindness Playbook

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

Pick ONE and circle it!

The Assist

(help without being asked)

The Inclusion Call

(invite someone in)

The Respect Reset

(repair a mistake you made)

The Gratitude Shout-Out

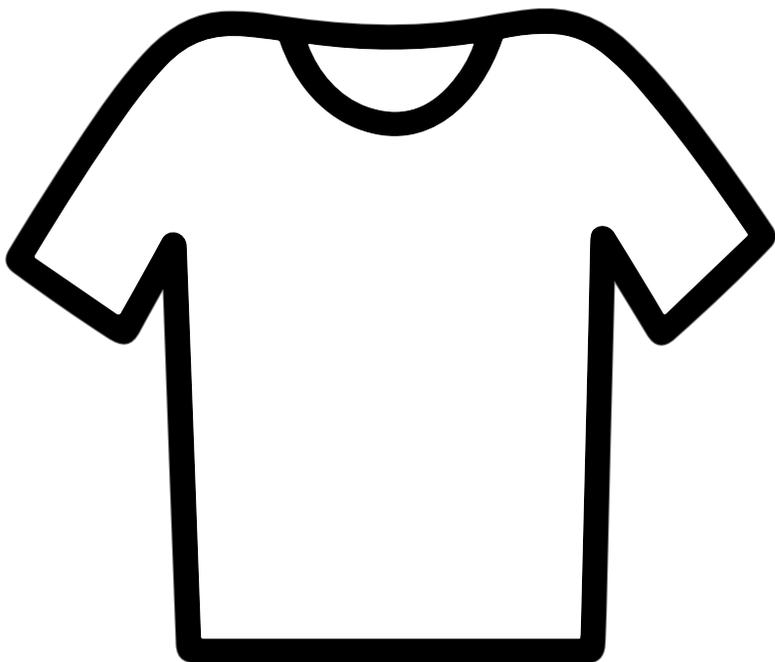
(thank someone for something they did or said)

The Comeback

(encourage someone who's down)

Kindness Art: a picture of your 'Kindness Jersey'

Don't forget your team name, team logo, and your number



Video Questions and Responses:

1) Student Kindness Videos:

"Kindness Hotline" + "Kindness is Inclusive" [2:46–5:36]

Circle one thing you saw:

helping / listening / including / encouraging

What's one kind word I can say today?

2) Merrill, Michigan cheerleaders — returning kindness [8:21–9:59]

I saw kindness when they:

3) Student Winner Video [26:19–28:50]

Watch for: noticing someone, stopping to help, small kindness moves (smile, hold a door, say hi).

Who won and where is he from?

What does it mean to "STOP"?
(circle one)

Notice someone

Help someone

Ignore