



School Kindness Walk Objectives

Kindness is the ripple that can change the world, lift spirits, and bring people together.

- Bring students and staff together through a common purpose.
- Support positive mental health - doing acts of kindness releases chemicals in the brain shown to help lower depression and anxiety.
- Foster greater understanding in your community by increasing empathy and compassion.

[Click here to learn why the ripple started:](#)

How to Create Your Own School Kindness Walk

This toolkit walks you through the steps to create your own kindness walk around three main areas of activity:

1. Developing a plan of action
2. Establishing committees to support your plan
3. Raising awareness to get people involved



How do we start our walk?

1. Let's Get to Planning

Success = A three month time frame to plan this event.

Collaborate

- Kindness Club
- Stuco
- NHS
- Spirit Club

Calendar

- Set the date!
- Have awareness
- Be in coordination with other school events

Committee

Gather five or more friends who are interested and helpful.

Collect

- Apply for the grant.
- Decide balloons or carnations?
- See next slide

Accountability



Each student who participates chooses one of these four Kindness actions to be completed within the SevenDays:

Color

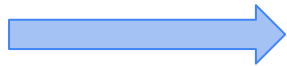
Actions

Orange



Offer Positive Affirmations

Blue



Provide Comfort to Someone

Green



Write a Thank You Note

Yellow



Offer Help Without Being Asked

We recommend you select either balloons or carnations to represent the accountability action selected by each participant. For example, anyone choosing to Write a Thank You Note will either hold a GREEN balloon or wear or carry a GREEN carnation during your Kindness Walk. The balloon selection is not as environmentally friendly but a fun idea and costs less, \$. The carnations have the opportunity to look better and can be kept by participants or composted.

Examples of Accountability Actions

Each student who participates chooses one of these 4 types of actions to do within SevenDays®. On the day of the walk, participants will select a balloon or carnation in the color of the action category they chose.

Offer Positive Affirmation	<ul style="list-style-type: none">● When someone is unhappy with a test grade, remind them that it is ok and provide ideas on how to improve on their next test.● When someone is feeling insecure, remind them of their worth and tell them something you love about them.
Provide Comfort to Someone	<ul style="list-style-type: none">● Offer a hug or high five if someone is having a bad day.● Take time out of your day to have a conversation with someone if you can tell that something is bothering them.

Examples of Accountability Actions (con't)

Write a Thank You note	<ul style="list-style-type: none">• Write a note to one of your teachers to remind them how much they are appreciated.• Write a note to your sibling or a classmate to tell them how much you value spending time with them and how grateful you are for them.
Offer Help Without Being Asked	<ul style="list-style-type: none">• Hold the door if someone has their hands full (or even if they don't!)• Offer to pass out papers for your teacher• Offer to do the dishes/laundry for your mom.

Apply for funding ([Kindness Walk Grant Application](#))

Funding:

SevenDays® wants to provide up to \$500 in grant funding to get your Kindness Walk moving. We recommend completing our application three months prior to your selected walk date.

Once the grant has been approved, you will receive the \$. We will be looking for proof of your efforts and progress, as follows.

(Send all correspondence to info@sevendays.org)

To Receive funding you agree to:

- Complete our application three months prior to your selected walk date.
- Share your progress with SevenDays®
 - Provide proof of your plan-in-action with meeting photos and social media posts.
 - Provide the number of registrations received. How many students/staff were you able to reach with this Walk?
- Tag @SevenDays in all social media. You recognize us and we recognize you - making a ripple of kindness!
- Participate in our annual SevenDays® week during the month of April.
 - Virtual participation is allowed and encouraged if you are not local to the Kansas City area.

Apply for Funding (continued)

Funds are available to be used for:

- Adult Sponsor payment (if applicable)
- Kindness competition gifts- (i.e.) gift cards to students who do something kind
- Class competition gifts - (i.e. donuts for the class with the most registered participants)
- Supplies-
 - Balloons
 - Carnations

2. Establishing your committees

Break up the responsibilities into four groups so it is easier to tackle the work. We recommend the following groupings:

Communication

Marketing

Logistics

Supplies

Communications

This team will provide motivation, answer questions, clarify plans with class leaders. Request spirit squad, dance, and band participation. Coordinate registration. Work with class leaders to decide each class' theme section. Communicate with sponsor, faculty, etc. for permission.

Marketing

This team will create poster boards and signs for advertising and promotion. Create and share social media posts and announcements.

Logistics

This team should set the walk route. Confirm the start and finish. Determine the location and distribution of your selected accountability item (balloons/carnations).

Supplies

This team submits the grant if needed (see Apply for Funding), gathers supplies needed by other committees, and should be available for deliveries. Gather tables, waters, and other supplies for walk.

3. Raising Awareness!

The goal is to let people know about what you are doing and create opportunities for involvement.

The sooner you introduce this event to the people in your school, the sooner you will see eagerness for the walk build up.

Use the 3 C's to help: Create, Cater, and Canvas.



Create

Ask students for ideas or descriptions for visuals to be used on social media.

Variety is great!

Post at least 4 times each week in the four weeks leading up to the walk.



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Cater

It's important that you cater your event to the students in your school. Create engagement by asking them directly.

What does kindness look like to your students?

How do your classmates want kindness to be shown to them?



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Canvas

Start the social media pages for your walk to help advertise your event.

Tap into school TV, announcements, and the school newspaper.

Put updates on the school website.

Create flyers or banners to put up in the hallway or other areas of the buildings.



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More tips for your success...

Communicate, communicate, communicate!

Set deadlines. Follow-up. Take Responsibility.
Stay in touch with SevenDays[®].

Share/Send photos of your process and final walk day to info@sevendays.org.



And It's a Wrap!

Here's a checklist to help you stay organized.

- ☐ Do you have a club sponsor ready to support your walk?
- ☐ Have you picked a date for your walk yet?
- ☐ Have you applied for your grant (if needed)?
- ☐ Decide on what item to distribute (i.e. balloons or carnations?)
- ☐ Have you delegated the tasks into committees?
- ☐ Created your social media pages?
- ☐ Communicate your progress with SevenDays®

