

Kindness Messages and Facts:

- Welcome to the SevenDays[®] and (school name) Kindness walk! We are walking today to promote kindness and understanding. Everyone can show kindness.
- SevenDays[®] mission is to overcome hate by promoting kindness and understanding through education and dialogue.
- Follow @GiveSevenDays on Instagram, Facebook, Twitter, and LinkedIn. . . for inspiration, encouragement and compassion.
- Joking about someone's religion, race, age, or gender identity **hurts those people**, even if they laugh about it with you. If you can't say something nice, stay quiet.
- **Discover** someone or something new by googling a different political party, culture, religion, race, gender identity, or sexual preference.
- Taking care of **YOU** is important for your mental wellness so take time to care for your mind, body, and soul.
- In a recent survey, the top 3 ways youth get through difficulties are 1) discovering a new hobby or interest 2) developing stronger relationships with friends or family 3) contributing to community in a new and different way.
- Be kind by **noticing** people around you and pointing out something **positive** about them. For example: "You are great at making other people feel good by smiling at them and giving them a sincere complement."
- **GO** out into the world today. Do something kind that is outside your comfort zone. *Even if it doesn't go perfectly, you know you tried something new and were bravely kind.*
- What is your Kindness **Onward**? How will you continue to make the world a better place? **Choose 1 kind thing to do each week.**
- 92% of youth recently surveyed say kindness helps them get through difficult times.
- Kindness costs nothing but gives so much.
- Take time to notice **others** around you . . . who can you be kind to today?
- Your **words matter**- speak kindly to someone who you notice needs it.
- Your **actions matter**- do something kind for someone that you notice needs it.

- SevenDays[®] themes of Kindness are: Love, Discover, Others, Connect, You, Go, and Onward.
- According to a recent study 73% of youth aged 13-24 think their mental wellness would improve if they **received more kindness** from others.
- According to a recent study 71% of youth aged 13-24 think their mental wellness would improve if they **saw more kindness** in the world.
- **Connect** with old friends that you have lost touch with. Set up a coffee date to see how they have been recently.
- Kindness can be shown to the “**other**” in your life by first **recognizing** that marginalized groups of people often **feel** discriminate against, even if **you don’t see** the discrimination.
- Give your friends ‘shout outs’ for their kindness on your social media.
- **Go** out into the world and show kindness- pick up trash in the school halls, open doors for others and smile while you do it, put flowers on a neighbor’s doorsteps . . . just take action for kindness.
- Be a great friend by being a **good listener** and asking questions that let you **learn more** about them.
- An inclusive classroom promotes and nurtures a sense of belonging; it values and practices **respect** for the **talents, beliefs, backgrounds, and ways of living** of its students. What can you do to make your class more inclusive?
- Being **Considerate, Helpful** and **Thoughtful** are core qualities of Kindness. What are you doing to be kinder?
- Kindness can **positively change your brain**. It boosts serotonin and dopamine which are neurotransmitters that give the feeling of satisfaction and well-being.
- In a recent survey, kids has **improved wellbeing** just by observing someone they know **standing up** for things that matter to them **on Social Media**.
- In a recent survey, kids had **improved wellbeing** just by observing people they know **calling out misinformation on social media**.