



Start your own Kindness Club!

Goal of the Club:

You will create a club that spreads kindness in our community and the world. Spread kindness in a variety of ways throughout your school. Start the ripple of kindness throughout your community, families and beyond. Club members will brainstorm, then create ways to spread kindness. You will boost happiness in your lives and the lives of others. You will plan and do acts of kindness AND find ways to educate others to spread kindness as well.

How do we start our club?

Easy as 1, 2, 3...



1. Name your club!

This is truly a club designed for YOUR school and community. The [events that inspired SevenDays](#) are near and dear to our hearts in Kansas City. The idea of the club is to overcome hate by **spreading kindness** in your school community. Your SevenDays® club should be named to inspire YOU! (ie the Indian Trail Middle School club could be named Kind Cougars or Cougars for Kindness) This should be your first order of business. Have fun with it!

SevenDays[®]
MAKE A RIPPLE, CHANGE THE WORLD

2. Apply for funding ([KindnessClubGrantApplication](#))

Funding:

SevenDays® can provide grants to get your club started. Up to \$500 for Middle Schools and \$1,000 for High Schools.

Requirements for funding:

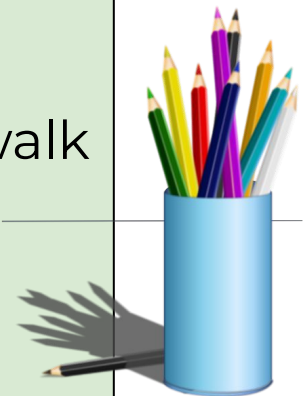
- Must share your progress with SevenDays®
 - Your club secretary will send meeting notes at least 2 times during the year.
 - Send photos of activities you do, posters you make,, club meetings, etc.
 - **SevenDays® will use those photos and information to promote our kindness reach, possibly in social media, local media, website and other outlets.**
- Must tag @GiveSevenDays in all social media- to get more recognition and show kindness is happening in schools.
- Participate in SevenDays® week in April. SevenDays® promotes Kindness through our seven themes- Love, Discover, Others, Connect, You, Go and Onward. We give kindness ideas and activities . . . and you can too!



2. Apply for funding continued:

Funds should be used for:

- Sponsor payment (if applicable)
- Kindness competition gifts-
 - Gift cards to students who do something kind
 - Candy or other treats/flowers - for kind actions
- Meeting snacks- we want meetings to be fun, productive, and educational. Popcorn, chips, water, fruit trays, etc. can make it more fun.
- Advertising- spreading kindness can cost, social media ads, flyer production, banners, etc.
- Supplies-
 - Craft items- markers, poster boards, card stock, sidewalk chalk, balloons, etc.
 - Cards- thank you notes, sympathy notes, etc.
 - Office supplies- post it notes, pens, etc.



3. Organize your club

Youth Leader positions: Steering Committee

We recommend the following positions.
Students may hold more than one position if needed.



Students

- **School Staff Sponsor-** Reads through all SevenDays® Make a Kindness Club information (guidelines) and keeps team on track throughout the year.
- **President-** Oversee the whole club and make sure everything is getting done and everyone else is doing their jobs.
- **Secretary-** Takes notes and gives them to committee after meetings, manage the calendar, sends information back to SevenDays®.
- **Treasurer-** With the Staff Sponsor, oversees the use of (grant) money. Reports funding at meetings.

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3. continued...Organize your club

Youth Leader positions: Steering Committee

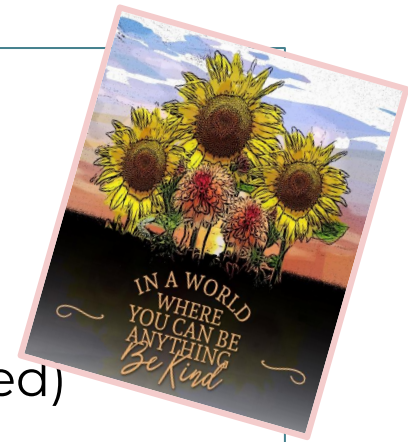
We recommend the following positions: Students may hold more than one position if needed.



- **Public Relations Director** (Optional)
 - Social Media - get your activities on school social media pages
 - Marketing - get your activities noticed in school
- **Activity Director**
 - Comes up with kindness activity ideas with committee.
 - Has the activity materials ready for meetings.
 - Plans how to get project completed within meeting time.
- **Kindness Ambassador** for each grade level- Responsible for giving ideas that each grade would be interested in and communicating it back to students & staff in their grade.
- **Sunshine Director**- keep track of and support special kindness needs
 - Birthdays
 - Illness/death in family
 - Other occasion to celebrate or support

Club Objectives:

Your club must strive to achieve the **four** objectives within the span of the year. (Suggested activity ideas are based on Social Emotional Learning objectives.)



1. **Make a positive impact in our school** (ideas below)

1. Club Identifies areas of need (where kindness is needed)
Example- students sit alone at lunch
2. Club encourages school to find a solution to the area of need.
Example- Club creates a “community table” where a few club members sit daily to interact with students who are alone, or club members introduce people sitting alone to each other to sit together.

2. **Do kindness activities within school** (ideas below)

1. Make needed items for school- like a community table, a kindness Shout Out board where students share kindness given to them.
2. Host a kindness week- coordinate with SevenDays® week in April. Follow us @GiveSevenDays for ideas.
3. Surprise teachers with kindness
4. Make locker decorations of kindness for students

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Club Objectives: continued

(Suggested activity ideas are based on Social Emotional Learning objectives.)



3. Spread kindness awareness (ideas below)

1. Make & display posters about Kindness
2. Post kindness on your school media (newspaper, announcements, TV station) or social media. Content could include:
 - a. Positive Awareness of students with different cultural backgrounds
 - b. Positive Awareness of students with different faiths, race, gender, disabilities- cognitive or physical
 - c. Tips on how support a student who is bullied
 - d. Suggestion for you and a friend to sit with someone who is alone at lunch

4. Catch Kindness (ideas below)

1. Celebrate when kindness is observed- share on social media, give a gift card as reward
 - a. Holding the door open for someone on crutches
 - b. Helping someone who drops their books
 - c. Hearing someone give a complement to another student
2. Steering Committee gives coupons to students they see doing something kind. A coupon could be for a candy bar, chips, jolly ranchers, Kind bars, etc. Redeemed at meetings or by sponsor.

Kindness Ideas and Facts for Display:

- SevenDays themes of Kindness are Love, Discover, Others, Connect, You, Go, Onward.
- According to a recent study 73% of youth age 13-24 think their mental wellness would improve if they received more kindness from others and 71% think it 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
- What is your Kindness Onward? How will you continue to make the world a better place? Choose 1 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 you notice needs it.
- Be kind by noticing people around you and pointing out something positive about them. For example: I really like how you make other people feel good by smiling at them.
- GO out into the world today. Do something kind outside your comfort zone. Even if it doesn’t go perfectly, you know you tried something new and were brave.

And away you go!



How to Run a Meeting:

The steering committee is responsible for running the meetings and all parts of the club. They need to encourage other students to attend meetings and do kindness projects. They need to get snacks ahead of time (if allowed at your school) and make sure the meeting will run smoothly.

Agenda for each meeting has the following elements:

- Introductions of Steering Committee & attendees (if time)
- Calendar – plan the year and months- including celebrations, kindness campaigns & plans
- Celebrations- - what did you see or do that was kind? Steering committee should do at least 1 “Shout Out of Kindness” at each meeting- possibly give a gift card to the person that is recognized at the meeting for doing a great job of kindness recently
- Feedback- what did you see or do that went differently than expected
 - How to improve for next year
- Project- do something for kindness- make something, advertise something- everyone in the meeting do the activity. - examples- make kindness posters, make cards or notes for Thank You’s, Encouragement, Birthdays, Catching Kindness Coupons,
- Action Items- tell people what they need to do before the next meeting
- Reminder of next meeting date

Share the kindness...be the ripple!

How to share completed objectives:

1. Social Media Campaign for kindness- create your own or post on school social media platforms- Insta, twitter, tiktok
 - a. Tag @GiveSevenDays for more recognition
2. Posters- make and display in high traffic areas of your school
3. Morning announcements
4. School newspaper/ TV interviews- submit ad or article
5. Write your kind actions in the meeting notes

