

## SCHOOLWIDE

1. Post kind sticky notes on lockers, bathroom mirrors and hallways
2. Start the day with a positive announcement
3. Post a gratitude bulletin board in the hallway
4. Create a "caught Making a Difference" bulletin board for people to recognise acts of kindness they see.
5. Have one classroom or year group do a random act of kindness for the other
6. Create a third-party compliments box
7. Raise money for a person or cause
8. Set up a thank you note station in your school
9. Surprise your fellow students with treats
10. Practice giving compliments to strangers. A kind word can change someone's entire day. Don't just think it, say it!
11. Organise a book drive for another school in need of more books
12. MAD Jar: Write down kind acts on slips of paper (*example: sit by someone who is alone at lunch, pick up rubbish in the corridor, write a thank you note*)

# MY MAD MAKE A DIFFERENCE Checklist

## FOR STUDENTS

1. Write a thank you note to someone who deserves more appreciation
2. Smile at the first three people you see
3. Help another student with their homework
4. Thank your parent or guardian
5. Reach out to someone new
6. Hold the door open for one person today
7. Send a card around the bus to thank your bus driver or SNA or Caretaker or Janitor
8. Bring coffee or treats for your teacher
9. Write an anonymous note of appreciation to one of the school employees, teachers or students
10. Ask your friends or social media followers for acts of kindness ideas and pick one to do
11. Let someone go in front of you in line
12. Play with someone who is alone at break
13. Leave a note on a teacher's car telling them how awesome they are.
14. Pick up some rubbish at lunchtime

# MY MAD MAKE A DIFFERENCE Checklist

## FOR TEACHERS

1. Write positive notes on students' desks
2. Recognize kind students during the week
3. Ask students to write each other compliments
4. Start the day with a positive quote or morning meeting
5. Start a staff meeting with an inspiring video
6. Incorporate kindness into your writing prompts
7. Create a board in the teachers' lounge to recognise positive actions of other teachers
8. Set up a thank you note station in your classroom
9. Email or write a former teacher who made a difference in your life
10. MAD Jar: Write down kind acts on slips of paper (*example: sit by someone who is alone at lunch, pick up rubbish in the corridor, write a thank you note*) and have students or staff take one!
11. Tell your students about why you became a teacher and about someone who inspired you to make that choice.
12. Be an example of how Kindness is King!!