

## Local ▶ Kindness



Spread love and positive vibes with handmade cards.

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Elementary, Middle, Secondary, Community Groups

**SKILLS:**  LEADERSHIP SKILLS  ORGANIZATION  REFLECTION

**CURRICULUM:** Increasing Community Kindness

**IMPACT:** Local

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AN INITIATIVE OF



# Act of Kindness + Love = IMPACT

There's always room for more love. You don't have to wait until Valentine's Day to show others that you care about them. Make a positive impact with handwritten cards to share some love with your family, friends, neighbours or peers. A simple act of kindness can go a long way and make the world a better place, as people who feel appreciated are likely to pay it forward. Laughter is the best medicine—and you have the power to bring joy to others and make them smile with a good deed or kind words. So let's spread good vibes and see how far they go!

## Fact:

**Positive emotions**, such as gratitude and inspiration, **have many benefits**, including **fostering trust** and **compassion**, **relieving stress** and **promoting physical health**.



# Ways to Take Action

Create handwritten cards with your group to spread love and kindness.



## At School:

- Make a card for every student in your school. Divide your group into teams and assign a task to each person. Plan who will spread awareness, organize the card-making event, ensure a card is made for every student and deliver the cards.



## At Home:

- Sharing food is one way of showing love—cook dinner with your family and spend quality time together. You can also make baked goods for your parents to bring to work to share with their co-workers and for you to bring to school to share with your peers.



## As a Community:

- Find a group in your community that often gets overlooked and brainstorm ideas on how you would like to show appreciation for them. Then put your plan into action!

# Learning Outcomes

## Curriculum Name: Increasing Community Kindness

A classroom resource for raising awareness on the issue of homelessness.

Grade Level	Subject Connection	Skill Developed	Learning Goals
Elementary/ Middle	English Language Arts, Arts	Action planning Research and writing Argument formation Organization Reflection	Students will: <ul style="list-style-type: none"> <li>Learn how a few kind words can deepen friendships</li> <li>Determine which individuals around them have had a positive influence on their life</li> <li>Find ways to spread kind words around their school</li> </ul>
Secondary	English Language Arts, Arts	Information literacy Critical thinking Leadership skills	Students will: <ul style="list-style-type: none"> <li>Determine how they can show gratitude and appreciation toward others.</li> <li>Discover how positivity can strengthen a community.</li> <li>Find ways to spread kind words around their school and community.</li> </ul>

## Checklist

- Investigate and learn with the Issue Cards
- Assign Club Cards to all members
- Action plan with your Local Yearbook
- Put up campaign posters
- Watch and share the WE Are Love campaign video
- Print out and distribute the WE Are Love cards
- Share on social media with [#WEareLove](#)
- Complete your Campaign Impact Survey
- Plan your WE DayX

## WE Day App Challenge!

Share the love both in your school and online! Challenge yourself and your friends to send positive messages to one another and then share your impacts through the WE Day app. Together, we can spread the love and make the world a better place. [#WEareLove](#).



Check out other resources for this campaign on your USB!



Spread love and positive vibes with handmade cards.



Kindness  
and compassion  
 are linked to  
improved health  
in both  givers  
and receivers.

Learn more about the issues at [WE.org/exploringissues](https://www.wearelove.org/exploringissues)

Learn how to take action at [WE.org/wearelove](https://www.wearelove.org)

#WEareLove

# Step 1: Investigate and Learn

## Test your knowledge of positive emotions.

Match the five positive emotions below with the correct description.

*Find the answer key at the bottom of the page.*

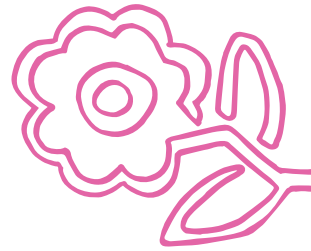
1. This entails an emotion or attitude of appreciation where we acknowledge some benefit we have received.
2. This emotion comes along when things are going just right. You may experience a state of peacefulness and tranquility.
3. This is a belief and feeling that things will turn out for the best. It's knowing our current problems aren't permanent and that the future is still promising despite tough circumstances.
4. This comes from feeling dignified and important in what we do or have accomplished. It's not about having an overwhelming sense of self-satisfaction, but having accomplished something that is socially valued and feeling proud about it.
5. This comes from experiencing a very moving and emotionally uplifting experience, such as those times in life when we see true goodness or where someone goes above and beyond the ordinary.

- A. Hope
- B. Gratitude
- C. Pride
- D. Serenity
- E. Inspiration

**When you're done, research how these emotions can positively affect you.**



# Set Your Goal



## You're going to want to set a goal to create impact!

Use these questions to help you set your goal:

- ▶ How many students would you like to involve in planning the campaign and making cards?

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- ▶ How many students and faculty members would you like to make cards for?

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- ▶ When will you meet to make cards for your school?

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- ▶ What materials will you need?

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- ▶ What message(s) do you want in the cards? Do you want to include inspirational quotes?

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- ▶ How are you going to distribute the cards?

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- ▶ You also have the opportunity to extend your campaign to show love to members of your community who go unappreciated. Does your group plan to reach out to people outside of your school?  Yes /  No





# Step 2: Action Plan

Discuss the responsibilities that will be involved in the WE Are Love campaign. Divide your group into teams and assign a responsibility to each person. Plan who will spread awareness, organize the card-making event, ensure a card is made for every student and deliver the cards.

Divide your group into four teams that can work on each of the below projects, and have each team come up with a list of sub-tasks needed to complete their task. If one team's sub-tasks overlaps with another team's responsibilities, make sure you communicate and collaborate to get the job done!

- ▶ Spreading awareness of the campaign and inviting people to participate in making cards
- ▶ Organizing a card-making event and making sure there are enough materials and supplies for everyone to make cards
- ▶ Ensuring there is a card for every student and/or staff member in your school
- ▶ Delivering the cards

## Spreading awareness

Team members: \_\_\_\_\_

Sub-tasks: \_\_\_\_\_

## Organizing a card-making event

Team members: \_\_\_\_\_

Sub-tasks: \_\_\_\_\_

## Ensuring a card is made for every student

Team members: \_\_\_\_\_

Sub-tasks: \_\_\_\_\_

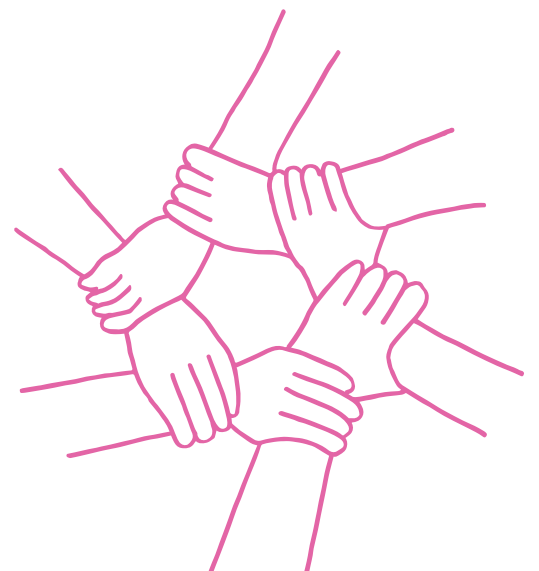
## Delivering cards

Team members: \_\_\_\_\_

Sub-tasks: \_\_\_\_\_

## Reflection Time:

Bring the four teams together to discuss issues you may have run into in your roles. Are there any similarities in the challenges you are facing? How can you support each other? What solutions and innovations have you come up with so far?



## Step 3: *Take Action*

As a group, you might want to take your WE Are Love campaign to the next level and share the love with the larger community. Brainstorm a list of people in the community who may be underappreciated, overlooked or left out (e.g., people in the hospital, veterans, people in homeless shelters).

As a team, decide on one group in your community you would like to show appreciation for:

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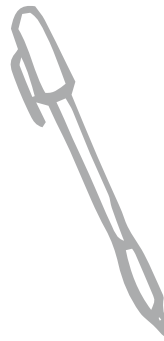


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Discuss how the group would like to show appreciation. You can write cards, design handmade gifts or arrange a social visit. It may help to reach out to an organization working with the group you are appreciating to find out how you can support their needs.

## Reflect

Why do you think some people in your community go unappreciated? How can you be more appreciative of people who are often overlooked and ignored? What was the highlight of the campaign for you? What made it special? How can you use moments like that for motivation as you continue taking action?

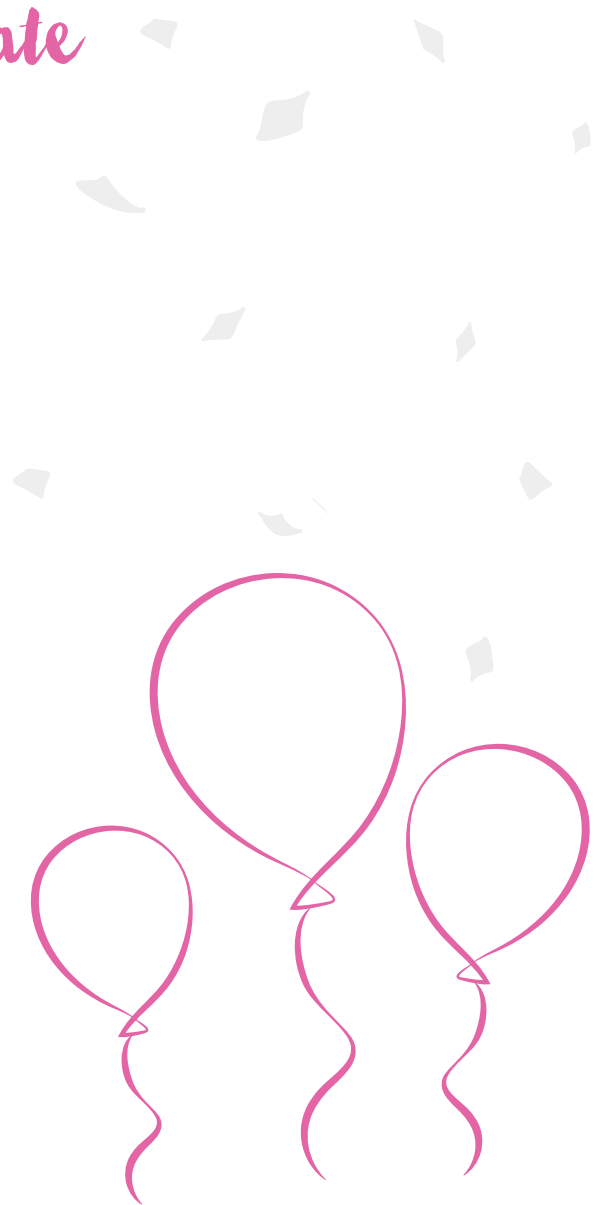



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# Step 4: Report and Celebrate

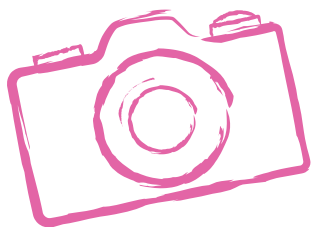
## Report

- ▶ How many students from your school were involved in the campaign?  
\_\_\_\_\_
- ▶ What action did you decide to take to show appreciation?  
\_\_\_\_\_  
\_\_\_\_\_
- ▶ How many people did you make gifts for?  
\_\_\_\_\_
- ▶ If you chose to make cards for members of the community, who did you make cards for?  
\_\_\_\_\_
- ▶ Has your teacher contacted your WE Schools Partnership Manager about filling out an Impact Survey?  Yes /  No



## Celebrate!

It's important to celebrate and share the success and impact of your campaign, and to reward yourselves for all your hard work.



- ▶ Share photos of your actions with your school, community and WE Schools Partnership Manager.
- ▶ Record the highlights of your event day and create a video.
- ▶ Celebrate impacts through a class party, assembly or WE DayX.



Share your success with WE Won't Rest by posting photos to social media using [#WEareLove](#).