



Teaching Kindness

Why We Need More Kindness

In 2018, Pre-judging others seems to be practiced by more people. Pre-judging is the root of prejudice, racism and more, all are the contrary to kindness. Today's students are at the forefront of tech, media and social networking and learn from what they see around them. Racism isn't new; but today the ease, speed, and anonymity with which people can prejudge others is unprecedented.

Students often don't see the big picture. Because they focus on the now and don't think too far ahead, they may not realize the full effects of what meanness, exclusion, bullying and racism can have on other kids. And kids are naturally self-centered, which means that they aren't always able to put themselves in someone else's shoes or make the effort to think about how someone else might feel.

Kids are also hard-wired to have empathy for others and want to help out. Teachers, caregivers, and other adults can take advantage of these natural instincts and encourage kids to consider other people's feelings before they act and teach them how to practice kindness every day.

Ways teachers Can Encourage Kindness in students

To nurture kindness in kids, try incorporating some of these 9 practices into your classroom routines.

1. Do unto Others

Young students need reminders about trying to put themselves in someone else's shoes. Ask your student to try to remember to think before saying something about someone and to take the time to consider how they might feel if someone said it to them. Teaching empathy is a key part of teaching student's kindness.

2. If You Cannot Say Something Nice...

The adage about saying nothing at all if you don't have something nice to say about someone is a good one to teach kids. Teach your student the habit of saying only positive things the kind of things that will make someone feel good rather than sad. For example, if a friend asks them whether they like a drawing and they didn't like it, practice finding something positive about it. "I liked the colors you used," or "You made a nice, big house" or something similar is good.

3. Kind Words and Smiles

It's also a good idea to get students into the habit of being friendly. (That said, a student should know how to be protective from strangers and should know what to do if they get lost.) Let your student see you tell the bus driver to have a nice day or compliment another teacher. Be the behavior you want to see in your student.

4. Thank You, Please, and More

Teaching good manners, respect and speaking to people in a nice way, is an important part of teaching kindness. And since you work with your students, you'll reap the benefits of having pleasant individuals growing up in your classroom.

5. Guarding Against Privilege

Kind students are charitable, they know that life cannot buy everything they want and are patient, thankful, and have self-control. If you want to teach students kindness, make sure your students earn privilege.

6. Bullying and Racism

Be very aware of the dangers of cyberbullying, both by being vigilant about what your student sees and reads online as well as by keeping track of what they are sharing. Learn about race, such as how to spot signs of racism and what to do to prevent and stop racism.

7. Be Nice to Your Student

Even when you're tired and frustrated, especially when you're tired and frustrated -- try to speak in a kind way to your student. Support them when they're sad and be kind.

8. Kindness Is Contagious

Equally, kids who may not naturally be motivated to bullying or being racist may join in when others are doing it.

9. Being Kind Makes Kids Feel Good

When you encourage kindness in your student, they will feel better not only about the world they live in but about themselves. It will help them grow to be a happy and loving person.