



KINDNESS STRATEGIES 2020

Here are some strategies, recommended by our kindness experts, that will help foster a safer and kinder environment in your school. As part of your commitment to National Kindness Week, you must implement at least THREE of the following strategies in your school this year.

1. PLEDGE TO OBSERVE NATIONAL KINDNESS WEEK EVERY YEAR

You can't change things overnight. Make sure the school runs kindness activities every first week of April to establish a long-running culture of kindness.

2. HAVE YOUR SCHOOL TAKE THE #STANDTOGETHER PLEDGE

Ask everyone in your school - students, teachers, staff members, etc. - to take the #StandTogether Kindness Pledge. This can be done regularly during school assembly, and you can also hang up a Pledge poster in schools to remind everyone of the commitment they've made to practice kindness.

Download the pledge posters here:

<https://standtogether.my/resources-strategies>

3. HIGHLIGHT A STORY OF KINDNESS EVERY WEEK DURING ASSEMBLY

Set aside 5 minutes during every assembly to acknowledge an act of kindness

that took place in your school. You may assign a specific teacher or student leader to look out for or receive reports of these stories of kindness every week.

4. ESTABLISH A SAFE AND CONFIDENTIAL REPORTING SYSTEM

Provide a confidential online avenue, such as an email address or a Google Form, for students and bystanders to report bullying cases. Students might not feel safe submitting a report at a physical location. Also, make sure that all cases are followed up on. If there is no action, students will lose trust in the school system.

5. PRIORITISE COUNSELLING OVER CORPORAL PUNISHMENT

A kind and empathetic conversation is always more effective than physical punishment when dealing with misbehaving students. Moreover, studies have shown that physical punishment actually encourages students to practice violence. The same goes for other humiliating and demeaning forms of punishment. Download our tips on counselling: <https://standtogether.my/resources-strategies>

6. JOIN STUDENTS FOR A MEAL IN THE CANTEEN

Teachers, get to know your students over a meal! This could completely change the relationship between teachers and students. Try your best to have conversations that are not related to school. Example: find something you have in common with each other, such as a hobby that you do on weekends.

7. FORM A “KINDNESS COMMITTEE” OF TEACHERS AND STUDENTS

This committee can help implement the ideas above, or come up with new ones! For example, you could set up a trust circle where members can find emotional support and share stories in a confidential group setting. We recommend including counselling teachers and Pembimbing Rakan Sebaya (peer counsellors) for this.

8. IMPLEMENT A “FLIPPED CLASSROOM” PROGRAMME

Each week, a student spends 10 minutes teaching the class (including the teacher!) something that they're passionate about. Students and teachers can experience the classroom setting in each other's shoes, and it will allow your students to build confidence and express themselves! This can be integrated into Civics classes, or as a fun activity after exams.

9. IMPLEMENT THE #STANDTOGETHER EMPATHY CLASS

Each week, dedicate 15 minutes to teach students the basics of emotional intelligence, using our "Empathy Class" lesson plan (download it here: <https://standtogether.my/resources-strategies>). Empathy class programmes have been shown to improve learning outcomes, develop happier, more successful individuals; and reduce bullying.