



**We've made back to school dreams come true for 95,000 children since 1996**

Dear Educator,

Please take a moment to review the enclosed materials and consider the possibility of teaching your students to spread kindness in a world that is sometimes unkind. On our website [www.kids4kids.org](http://www.kids4kids.org) you will find a section titled KINDNESS 101, a section dedicated for educators to explore and implement a course on Kindness in their classrooms. This section gives practical, tried and true ideas, as well as links to 5-6 minute Kindness 101 videos produced at an elementary level but relatable to kids of all ages. The website also provides course materials and a free downloadable copy of my book **You Are Never Too Small to Make A Big Difference**, a guide for parents and teachers to teach empathy to their children and in their classrooms.

The **FREE curriculum component** is called Kindness 101. You may have seen episodes of *On the Road With Steve Hartman* from the CBS Morning Show, where each week he goes around the world looking for people doing kind things; he has more than 400 episodes to date. Hartman also produced 40 preschool/elementary age segments with his children called Kindness 101. You can access his playlist by going to Your Tube and searching **KINDNESS 101 with Steve Hartman** or by clicking the link on the Kids4kids.org website. His 5-6 minute videos are age appropriate and introduced by him and his kids. In each segment his young daughter introduces a word, and her older brother defines it. Then a short video segment from Hartman's *on The Road* series plays and the three discuss how the video exemplifies the character trait introduced.



The Kids4kids.org website also features a yearlong journal booklet that can be printed to go along with 38 of the videos; one for each week of the school year. The journal introduces the word, the definition, and has spaces for students to write and draw. The journal is available as a free printable PDF on the Kids 4 Kids website in both primary print and elementary wide ruled print, but teachers can also download a single copy for themselves and write the topic and definition for each lesson on the board. Teachers can develop the concept throughout the week and create other journaling assignments for students to work on in student composition books. The Kindness Topic of the Week can also be shared with parents who can watch the video with or without their child, and reinforce these lessons at home to align everyone on the week's kindness concept.

The website also features our Kindness Bracelets that can be ordered for kids at your school in child and adult sizes, made available for purchase as part of a school wide empathy project fundraiser with all proceeds used to provide fieldtrips for foster kids. The child sizes say: **Kindness Matters...I pledge to be kind every day.** Other bracelets say, **In a world where you can be anything....BE KIND.** Bracelets are only \$2 each but are sold at a discount rate of \$1.50 for classroom use. Orders of bracelets as a single purchase for your school are tax deductible as Kids 4 Kids is a 501c3 non-profit organization and may be bought as part of a PTA project. If this is something you cannot do in your school, but you know of another group like local scouts, youth groups, churches, temples, or a business that may be interested, please let me know and so I can reach out to them... or just pass this information along.

The Kindness 101 program has been piloted at Kids For Kids Academy in their VPK and K-2 classes but is appropriate for all children ages 4 and up. Each child in the Kids For Kids Academy program has been given a Kindness Bracelet and they discuss kindness in the classroom each and every day. Teachers are even using the bracelets as a teaching tool, when a child is being unkind, the teacher points to their wrist and says, "Remember, you made a promised to be kind."

For more information, please feel free to contact me at [teachkidsness@gmail.com](mailto:teachkidsness@gmail.com).

In A World Where You Can Be Anything...BE KIND!  
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