



KINDNESS IS CONTAGIOUS

Kindness Workshop for K-5 Classrooms

Kindness is contagious is an age appropriate lesson for enhancing social, emotional learning to the classroom. Themes of kindness towards others, tolerance, empathy and respect through the actions of paying it forward.

This workshop's goal is to inspire young children to make a difference in the world though both the physical and verbal act of spreading kindness. This workshop will challenge students to question how can I grow and become a better person each day.

This workshop brings children together in a fun interactive learning experience.

The curriculum will cover topics such as:

- *How to be compassionate and understand the meaning of kindness*
- *How to embrace diversity and understand differences*
- *How far a little kindness can go*
- *How to spread kindness through words and actions*
- *How to unconsciously spread kindness every day*
- *How to use kindness as a way to combat bullying*

For more information please email Holo Austrcc@gmail.com or call 845-574-4099