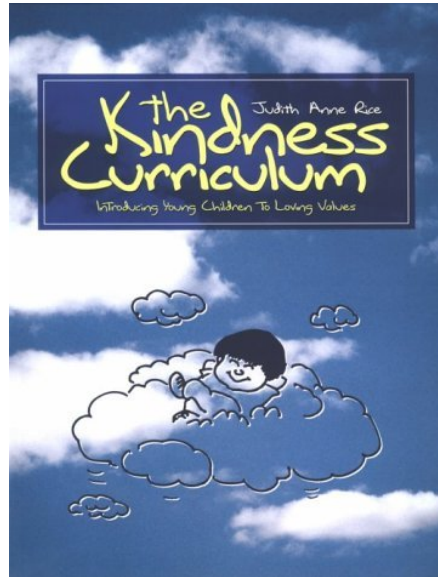


AGENDA

- * Pre-Test
- * Introduction
- * Kindness Pledge
- * Love and Kindness
- * Empathy – by definition
- * Gentleness – techniques in childcare
- * Respect – self, others and environment
- * Visualization – in relation to behavior
- * Self Control – differs from child to child
- * Friendship – through best practices (activity)
- * Conflict Resolution – three ways to proven resolution
- * Question and Answer
- * Post – Test / Distribution of Certificates



Kindness Curriculum Overview

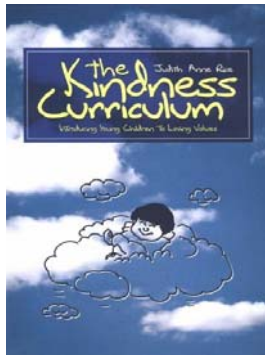
The Kindness Curriculum, written by Judith Ann Rice is resource book for assisting teachers in teaching values within the classroom setting. The book is divided into nine chapters each one dealing with an aspect of character development.

The first part of the book deals with the loving values of love, gentleness and respect helping them to learn to value themselves and others.

The next section deals with visualization - a way for children to begin to imagine positive ideas that may help them think positively.

The last sections are on self-control, friendship and conflict resolution give specific activities to help them practice thinking about making appropriate choices.

The final section of the book is for children and parents to practice character development at home.



Kindness Curriculum

Circle one:

Pre Test

Post Test

Name: _____

1. What is Empathy?
 - A. Teaching about feelings
 - B. Understanding another's feelings
 - C. Teaching how to show emotions.
 - D. Using healthy Practices

2. What age do children begin to understand the feelings of others?
 - A. Age 5
 - B. Age 7
 - C. 18 months
 - D. Age 2

3. Respect is...
 - A. Something only Mom and Dad should teach.
 - B. Something that needs to be taught.
 - C. Something children are born with
 - D. Something we show only to people

4. Visualization can be...
 - A. Effective for improving behavior
 - B. Should not be done with young children.
 - C. Getting children to see things your way
 - D. Is not proven to be effective

5. Visualization works best in combination with

- A. Rule review
- B. Prediction
- C. Working with parents
- D. Practicing at home with different subjects

6. Self control...

- A. Something to start in Kindergarten
- B. Differs from child to child
- C. Should be praised every time it happens.
- D. Praise should be directed at a child's effort and not the act.

7. Friendships in centers...

- A. Comes from children being alike in most areas.
- B. Comes through the practice of love and kindness.
- C. Should be discouraged between girls and boys.
- D. Needs to be monitored as it leads to exclusion.

8. For best results in conflict resolution

- A. Always look children in the eye
- B. Always call the parents.
- C. Have a time out room.
- D. Close down the center children are fighting in.

9. What are "I" messages?

- A. Telling children about yourself so they will like you.
- B. Letting children know how you need and what you feel.
- C. Telling children what you would do in a situation.
- D. Letting children know what you are going to do.

10. What does practicing the Kindness Curriculum do?

- A. Gives your class a ritual that reinforces the concept of kindness at home and the classroom.
- B. Eliminates rough housing with the boys.
- C. Makes sure you don't have anymore discipline problems.
- D. Keeps parents informed of best practices to use at home.

The Kindness Pledge

I pledge to myself,
on this day.

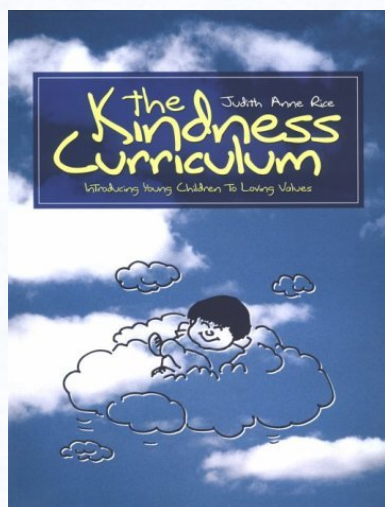
To try to be kind,
in every way.

To every person,
big and small,

I will help them if they fall.

When I love myself
and others, too.

That is the best that I can
do!



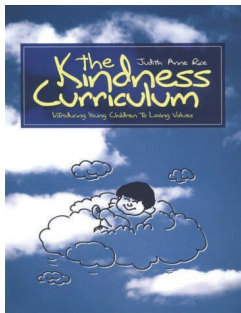
CERTIFICATE OF COMPLETION

THIS CERTIFICATE IS AWARDED TO

IN ACKNOWLEDGEMENT FOR PARTICIPATION IN:

THE KINDNESS CURRICULUM
TRAINING

THIS CERTIFICATE VERIFIES THE SUCCESSFUL COMPLETION OF 1 IN SERVICE HOUR



SIGNATURE

DATE

