



LOW HANGING FRUIT



February 2024

LINKS TO MORE LEARNING



Random Acts of Kindness Foundation

An organization that seeks to make kindness the norm through resources, lesson plans, and turnkey programs for schools.

<https://www.randomactsofkindness.org/>

Kindness.org

The self-proclaimed world's leading authority on kindness, kindness.org includes a section called "kindness for kids" where there is information on how to Learn Kind.

[Kindness.org](https://www.kindness.org)

Volunteering is Good for the Volunteer and the Beneficiary

[Top 5 Benefits of Volunteering from Good Deeds Day](#)

PRACTICAL APPLICATIONS



Your Daily Dose of Kindness

Sign up for a free Daily Dose of Kindness email from [randomactsofkindness.org](https://www.randomactsofkindness.org)

DIGITAL TOOLS



Novelist Plus: Novelist Plus is a great reader's advisory tool, but did you know you can browse award winners as well? Once you're logged in to Novelist Plus, click the Browse By button on the orange ribbon at the top of the screen, then select Award Winners. You can then browse awards by age group, genre, or type. Happy Reading!



If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway
-Mother Teresa

A Kind Word

by Jeannie Standal

February is the month of love, which fits nicely with practicing kindness. Most schools incorporate kindness as a value in their culture. They use words like courtesy, respect, care, civility, along with kindness in codes of conduct and in acronyms that help students remember the school's core values (you know, a H.E.R.O. is Honest, Encouraging, Respectful, Outstanding Citizen). Celebrating Random Acts of Kindness Week is one way to highlight the importance of kindness in our kids' school experiences and in life beyond school.

According to the Mental Health Foundation, "kindness is choosing to do something that helps others or yourself, motivated by genuine warm feelings." And it's not just a nice thing; research shows there are real physical and mental benefits for both the giver and the recipient of kindness. Being kind helps in myriad ways from creating a feeling of well-being to reducing stress to alleviating feelings of loneliness, all of which are important ways to support mental health. What's more, one act of kindness often begets another, creating a ripple effect throughout a community.

So, what does that look like at school? How do we encourage a large group of kids to "be kind?" The Random Acts of Kindness Foundation has lessons, programs, and other resources that support emphasizing kindness at school. One suggestion is to start a Kindness Club. The members of the club organize its activities, and along with a step-by-step guide to starting a club, there are activity suggestions. Importantly, suggestions like spending an afternoon picking up litter and helping a neighbor in need with yardwork, are presented in conjunction with in-school options.

No matter the size of the club or the scope of the activity, students will find that any act of kindness makes a difference.

"Low Hanging Fruit" is available through school libraries and made possible with support from the Idaho Commission for Libraries. For previous editions, go to: <https://libraries.idaho.gov/lowhangingfruit>.

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