

"A SINGLE ACT OF KINDNESS THROWS OUT  
ROOTS IN ALL DIRECTIONS, AND THE ROOTS  
SPRING UP AND MAKE NEW TREES."

- AMELIA EARHART



# Teacher Wellness Through Kindness

Check out these  
wonderful ideas for  
spreading kindness  
to our teachers and  
staff.

Thanks to everyone  
who shared these  
kind acts this week.

- Our Kindness Committee has been delivering monthly teacher treats where teachers select their snack of choice, and we deliver it to them during the day.

- Each member of our Kindness Committee was assigned to a grade level as a "mentor" to serve as the person to take questions, address concerns, listen to and validate teacher needs, and give encouragement during grade level meetings.

- Our hospitality club coordinates a monthly themed potluck luncheon for the staff.

- Our school is sorted into tribes (like a house system), and the best thing we have done for staff morale is to push out the responsibility for spreading teacher happiness among the tribes. Each of our 5 tribes has one month each semester that they are responsible for delivering a staff happy to all staff members. These have ranged from a coffee bar and doughnuts in the lounge to a surprise coupon for leaving school as soon as the

campus is cleared of students. Since everyone is giving and receiving, we've found the level of appreciation and connection has improved.

•We have done several things regarding staff wellness, we have had a staff breakfast, luncheon, staff wellness boxes, mindfulness, we were even asked to assist another school with their staff moral and offer kindness to this school. We offer gift of time and monthly snacks in the mailboxes.

•We have done thank you notes from students for our custodians and bus drivers. This month our focus is on gratitude, so our 6<sup>th</sup> graders wrote letters to an elementary teacher that made a difference for them. We sent them out to our 10 elementary buildings.

•Cookie and Milk delivery for all staff during our spirit week (week before winter break).

•-Staff Spotlights – For the month of December, teachers send the school counselor a little write up about how awesome their colleagues are. I send them out throughout the month to the whole staff.

•We are sending out a google form where staff members get to post what kind of kindness they received from another staff member. Then we select two staff members and reward them with a gift card, kindness certificate and our secret kindness agent kids make something special for them and their names get announced in the morning news.

•Monthly we invite staff to join us for relaxation techniques (meditation), walk and chat in our center loop after school, learn to salsa dance with pina coladas after school, and learn how to be kind to ourselves (self-care) . We plan something every month.

•Our Secret kindness agent kids have missions during aftercare to write thank you notes and deliver the notes along with a rose to different staff members without being seen.



- At the end of the kindness kick off week, we bought all the staff a BBQ lunch from one of our local restaurants as a thank you.
- We randomly pulled names for staff goody bags. The goody bags have themes such as snack bag, relaxation bag, movie bags, classroom essential bags, and etc...
- We just recently had a "Orange You Glad It's Friday" snack afternoon.
- One staff member is chosen once a month as our staff "VIP" staff member. They are given a goodie basket and a gift certificate to one of our local office supply stores.
- Staff members have also been awarding each other with "Kind to the Core" awards when they see a staff member showing an act of kindness.
- When we have a FULL staff meeting, we always make sure we have a candy basket waiting at the sign in area for staff to grab one or a few pieces of candy. Chocolate specifically! Our staff LOVES some chocolate!
- We are doing a progressive gift exchange each month. Last month it was "You have been Booped" and then it continues randomly to another staff member until all names have been crossed off the list.
- We gave out Kindness flags to each classroom teacher to hang by their doors.
- We have been handing out the monthly Kindness calendars from RAK.org, and then asking them to pick two to spread the word throughout the month.
- We also brought back goodie day on Fridays, and have staff rotate bringing in items.
- We have always had a Sunshine Committee. They celebrate birthdays, meet and socialize about twice a month. Last week they supplied de-stressing activities - coloring books, playdoh, etc. in the teacher's lounge.
- At faculty meetings our school psychologist, mental health counselor, and school counselor conduct sessions on self-care and social-emotional health.
- We have D.E.A.L Days (a few times in the year) - Drop Everything and Leave. These are days when we have meetings, but they are canceled. They are usually unannounced, so the staff loves these.
- We have a hospitality group on campus that is doing special things for teachers during teacher lunches. We also have a Cougar Pride board where teachers can publicly thank another teacher or staff member. Something we'd like to do is bring in a massage therapist for 10-minute massages during conference periods.
- Our Kind Crew recently created "Blessing Mix" and hand-delivered the treats to our staff members.
- Our Kind Crew members will also be starting our Kind Cart next week where they will visit staff members in the morning to deliver coffee, beverages, and sweet treats.
- Our administrators draw 4 names each month. Those names are added to a spreadsheet on our weekly newsletter and colleagues go in and give showers of praise to those Staff Members of the Month. All of the shout-outs are added to bright colored cardstock and given to the honorees to provide encouragement when needed.