



# KINDNESS FACTORY™

## Kindness Curriculum Program Overview

# Kindness Curriculum

## The Twelve Core Attributes:

The Kindness Curriculum focuses on the development of the twelve core attributes that underpin Kindness.

The twelve core attributes are:



# Kindness Curriculum

## Annual Program Layout:

The Kindness Curriculum explicitly teaches to the twelve core attributes over the course of a school year. Three attributes are explored per term, with each attribute being focused on for a three week period. Each term program goes for 9 weeks.

**Term 1:**

**Honesty**

**Perspective**

**Collaboration**

**Term 2:**

**Mindfulness**

**Positivity**

**Self  
Acceptance**

**Term 3:**

**Empathy**

**Compassion**

**Humour**

**Term 4:**

**Trust**

**Humility**

**Gratitude**

# Kindness Curriculum

## How Is The Kindness Curriculum an SEL Program?

**Social and Emotional Learning (SEL), explores the social external tools required to create and maintain healthy relationships with others, and the internal emotional skills necessary to manage and understand ourselves.**

Just like Literacy and Numeracy, our social external relationships, and our emotional internal relationships, require explicit instruction. As human beings, we learn through seeing (modelling) and doing (practicing). When students are taught HOW to manage their internal and external relationships through guided discussions and hands on kinaesthetic experiences, they have the confidence to calmly draw on learnt experiences when real world circumstances arise.

**The Kindness Curriculum is an all encompassing SEL program, as it addresses and explicitly teaches to the social external tools required to be kind and connect with others, along with the internal emotional skills students need to be kind and connect with themselves.**

Many programs focus on either social skills OR emotional tools. Through deep diving into the twelve attributes of kindness, The Kindness Curriculum guides classrooms and schools to explore what kindness looks like, feels like and sounds like when students are socially interacting with their peers AND emotionally connecting to self regulating themselves.

# Kindness Curriculum

## Which Attributes Focus On Social Skills?

The below attributes focus on developing social skills via exploring the truth, boundaries, conflict resolution, problem solving, sharing, respect and inclusion.

### Social Skills

Trust

Honesty

Collaboration

Compassion

Perspective

Humour

Empathy

# Kindness Curriculum

## Which Attributes Focus On Emotional Skills?

The below attributes focus on developing emotional skills via exploring self regulation, a growth mindset, resilience, emotions, individuality, self awareness and optimism.

### Emotional Skills

Self Acceptance

Humour

Positivity

Mindfulness

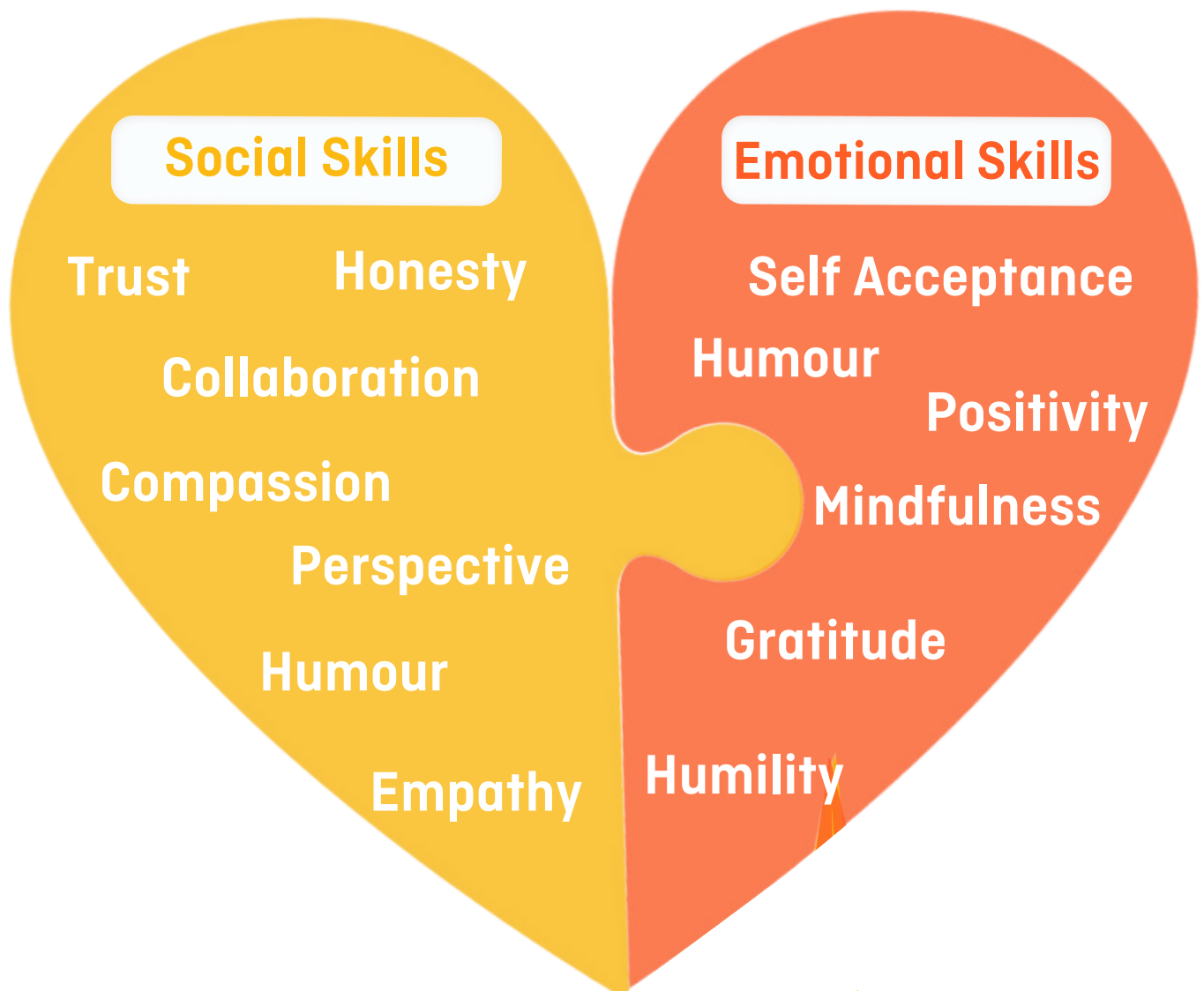
Gratitude

Humility

# Kindness Curriculum

## How Do The Attributes Work Together Within The Kindness Curriculum?

Like a puzzle, The Kindness Curriculum pieces together both social skills and emotional tools under one curriculum. Through deep diving into the twelve attributes throughout the school year, The Kindness Curriculum guides students, classrooms and schools to thrive in connection and kindness towards themselves and each other.



# Kindness Curriculum

## Why Are The Attributes Grouped Together The Way They Are?

### Term 1:

Honesty

Perspective

Collaboration

#### Focus: Social Skills

*Term 1 attributes are focused on setting classrooms and schools up for success by bringing individuals together to work and connect as a team.*

### Term 2:

Mindfulness

Positivity

Self  
Acceptance

#### Focus: Emotional Tools

*Term 2 attributes are focused on empowering students with self regulation strategies, a resilience toolkit and a robust self efficacy.*

### Term 3:

Empathy

Compassion

Humour

#### Focus: Social Skills & Emotional Tools

*Term 3 attributes are focused on building positive relationship through exploring our thoughts, words, actions and reactions.*

### Term 4:

Trust

Humility

Gratitude

#### Focus: Social Skills & Emotional Tools

*Term 4 attributes are focused on setting our students up for a smooth transition into the next year, while reflecting on the year that was.*