



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:



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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

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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 external and internal 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. The Kindness Curriculum simultaneously addresses both. By guiding schools, classrooms and students to explore what kindness looks like, feels like and sounds through delving into the twelve attributes of kindness, school communities are set up for success by learning HOW to socially interact with their peers and HOW to emotionally connect to and self regulate themselves.

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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

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Which Attributes Focus On Emotional Skills?

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

Emotional Tools

Self Acceptance

Humour

Positivity

Mindfulness

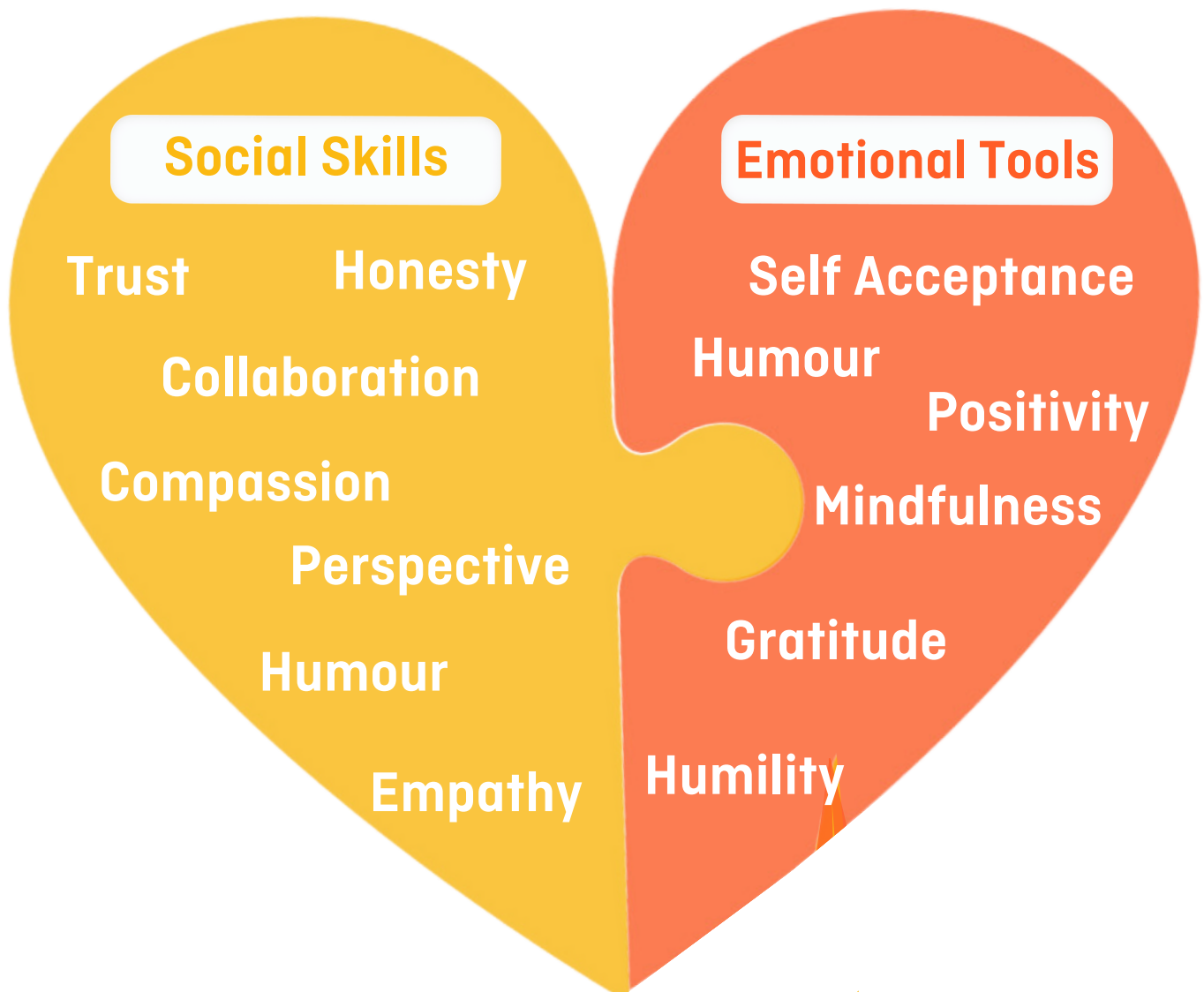
Gratitude

Humility

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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.



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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.

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How do the kindness attributes address the National Curriculum and the differing state syllabuses?

The Kindness Curriculum has been aligned to and is compliant with the Australian National Curriculum and the NSW State Syllabus.

The Kindness Curriculum addresses the PDH components of the National Curriculum and the NSW State Syllabus.

To ensure all outcomes are addressed within PDH/PE, an additional PE program is recommended for schools, to ensure all outcomes are covered.

Does The Kindness Curriculum cover the Child Protection Outcomes?

No. The Kindness Curriculum does not cover the Child Protection outcomes in either the NSW Syllabus or The National Curriculum. Schools will be required to teach Child Protection separately from the Kindness Curriculum SEL Program.

If you are in NSW please see the department website for Child Protection Programs