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**Kindness in the Classroom®: Cultivating Resilience Through Kindness**

[insert date here] • 8:30 a.m. – 3:30 p.m. • [insert location here]

**Training Description**

Resilient people have a greater capacity for kindness and can create stronger, more meaningful relationships. Participants in this session will engage in activities connecting gratitude and kindness to resilience, while learning how to inspire and empower students to share kindness through the Kindness in the Classroom curriculum. Implementing Kindness in the Classroom will create a lasting effect in your school where kindness becomes the norm and not the exception.

**Objectives**

Participants will:

* Be **inspired** to create a culture of kindness
* Be **empowered** to implement Kindness in the Classroom curriculum
* Create an **action** plan to utilize Kindness in the Classroom tools and resources

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| 8:30 a.m. | Welcome  Resilience, Kindness and Gratitude  Why Kindness in the Classroom?  Kindness in the Classroom Model Lesson: Gossip & Rumors |
| 12:05 p.m. | Lunch |
| 12:35 p.m. | Energizer  Unpack a Lesson  Materials Exploration and Planning  Closing Activity |
| 3:30 p.m. | Farewell |