

K IS FOR KINDNESS

CURRICULUM QUESTIONS

Question 1: What is kindness?

Most people think kindness is about being friendly or generous or compassionate. At the Kindness Pandemic, we believe kindness is about valuing and respecting all people equally (humankind) and then taking action to communicate the valuing and respect.

Question 2: What are acts of kindness?

We believe that kindness can change the world when our kind thoughts and beliefs and ideas become kind actions. We believe that kind thinking is the first step. The second step is to find ways to show kindness (acts of kindness), so that kindness spreads and has positive impacts on the world. Acts of kindness make our kind thoughts and beliefs and ideas come to life and they can change the world for us and for the people who receive our acts of kindness.

Question 3: What is intersectional Kindness?

Intersectional Kindness is about kindness for everyone. Its about understanding the experiences of people who are doing it tough – and then taking action to improve their lives. Intersectionality is a way of understanding that not all people are valued or treated equally. Some people have characteristics that result in inequalities. For example, some people experience discrimination or stigma or marginalisation because of their race, gender, class, sexuality, religion, physical ability, age, appearance etc

Intersectional kindness is about knowing that some people are doing it tough and are not equally valued or respected. Intersectional kindness then focuses on acts of kindness that send the message to people who are doing it tough, that they are valued.

An act of intersectional kindness can be as simple as saying hello. If we put ourselves in the shoes of someone who is doing it tough, someone who feels marginalised or feels like an outsider – the simple act of saying hello can help them to feel connected and valued. Intersectional kindness doesn't dismiss acts of kindness to our friends and family and community who are not marginalised – it simply reminds us to include people who are doing it tough, because they might need our kindness the most.

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Question 4: What is Loud Kindness?

Some people believe that Kindness should be quiet; or that telling people about our acts of kindness shows we are motivated by praise, rather than good will. At the Kindness Pandemic we believe in Loud Kindness – or telling people about our acts of kindness. We notice that when we tell others about our acts of kindness (Loud Kindness) we inspire other people to replicate our acts of kindness – this is how kindness spreads.

We also notice that when we tell other people about our acts of kindness, we give them hope. People tell us that reading about acts of kindness reminds them that they are not alone and we can get through tough stuff together. In a Kindness Pandemic group survey 86% of our members said reading about acts of kindness improved their mental wellbeing.

One of the big lessons we have learned about Loud Kindness is the importance of each and every one of us valuing the acts of kindness we have done. This is really important because most people will love your act of kindness and some may not. Whether people like what you did or not, what matters is that you were kind. Valuing your own act of kindness is an act of kindness to yourself - and thats soooooo important. You matter.

Remember that the reason for sharing your act of kindness is to encourage others to do what you have done and to bring hope to other people.

Question 5: What are Random Acts of Kindness?

At the Kindness Pandemic, we believe that random acts of kindness are great – but so many of us need to plan our kindness to make it work. Your acts of kindness may need to be carefully considered – they don't need to be random.

COVID19

Please be careful with your acts of kindness during COVID19 and think about how you can make sure you and the people receiving your acts of kindness are safe.