



THE 5 PILLARS OF KINDNESS



la fabrique à bonheurs
Académie de la Psychopédagogie Positive

Allagi





TIPS AND RECOMMENDATIONS

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TAKE THE TIME TO REFLECT AND ADJUST

Dedicate time to reflect on your practices and their impact on your students' well-being. Invite students to share their opinions on the classroom atmosphere and what could be improved. This self-assessment will help you adjust your methods and ensure they meet your students' needs.

Example: At the end of a school term, organize a feedback session with your students where you ask what they liked about your class and what could be improved. Ask questions like: “What helped you learn this year? Were there moments when you felt less comfortable?” Use their feedback to adjust your teaching methods.



This tip is essential for continuous improvement. It encourages self-reflection and adaptation, which are crucial for maintaining a caring environment in the long term.



MODEL BENEVOLENT BEHAVIOR

Be a role model of kindness by adopting a positive and respectful attitude towards your students and colleagues. Lead by example using kind language, celebrating others' successes, and approaching each situation with calmness and respect.

Example: During a meeting with colleagues or parents, use positive and respectful language, even if disagreements arise. For example, instead of saying "You don't understand my method," you could say "I see we have different approaches, but I would like to explore how we can find common ground." This shows students how to handle conflicts respectfully.



It might be the most powerful tip. Students learn a lot through observation, and seeing their teacher practice kindness daily can have a profound impact on their own behavior.

THE FEEDBACK HAMBURGER



Use the feedback hamburger model: start with a compliment (the "bread" at the top), follow with constructive criticism (the "meat"), and end with a positive note or encouragement (the "bread" at the bottom). This approach helps address critiques constructively while maintaining the student's motivation.

Feedback Method Hamburger

Example: At the end of a school term, organize a feedback session with your students where you ask what they liked about your class and what could be improved. Ask questions like: "What helped you learn this year? Were there moments when you felt less comfortable?" Use their feedback to adjust your teaching methods.



It is an effective and widely recognized technique. It allows giving constructive feedback while keeping a positive atmosphere. This is especially useful for students sensitive to criticism.

PRACTICE ACTIVE LISTENING



Adopt active listening by showing empathy.

Example: If a student expresses concerns about a group project, show that you are listening by saying: "I understand that you feel a bit overwhelmed by the teamwork. Can you tell me what worries you the most?" Then rephrase their words to show you understood: "So, if I understand correctly, you're worried about the distribution of tasks?".



This tip is crucial for establishing a trusting relationship with students. It shows that the teacher truly values students' thoughts and feelings, which can greatly enhance their engagement and well-being in the classroom.



ESTABLISH ROUTINES OF KINDNESS

Create regular moments to promote positive interactions in your classroom. For example, start or end each lesson with a sharing circle where students can express their thoughts or experiences. These routines strengthen group cohesion and create a positive climate.

Example: Start each lesson with a “sharing circle” where each student has the opportunity to share good news or a positive experience from the week. It can be as simple as a compliment to a peer or a personal achievement. At the end of each lesson, conclude with a minute of gratitude where everyone can express something they are thankful for.



This approach is excellent for creating a positive routine and strengthening the sense of community in the classroom.

Regular rituals can help embed kind behaviors into the classroom culture.



"The Compassionate Classroom: Relationship Based Teaching and Learning"



"Compassionate School Practices: Fostering Children's Mental Health and Well-Being"



"Random Acts of Kindness in School: The Breakfast Club"



"The Science of Kindness: Creating a Positive Classroom Environment"



"Building a Culture of Kindness in Schools" - Holly Smith



"THE SCIENCE OF KINDNESS: CREATING A POSITIVE CLASSROOM ENVIRONMENT" - DR. DAVID HAMILTON

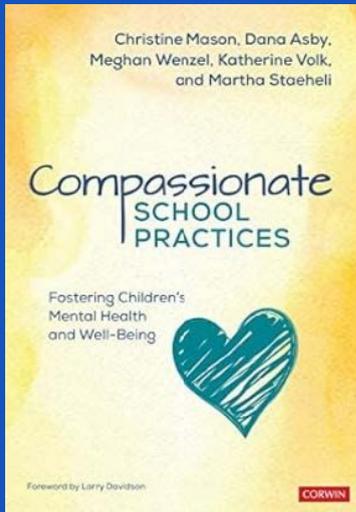
Dr. David Hamilton explores how kindness improves classroom dynamics. He explains that kind acts release feel-good chemicals like oxytocin and dopamine, reducing stress and boosting well-being. Kindness is also contagious—when students see it, they're more likely to act kindly too. By promoting kindness, teachers can create more supportive, productive, and emotionally healthy learning environments.



"BUILDING A CULTURE OF KINDNESS IN SCHOOLS" - HOLLY SMITH

Holly Smith shares effective strategies for implementing kindness initiatives in schools, discussing the benefits for both students and educators. These resources offer valuable insights and practical approaches to integrating kindness and compassion into educational settings.

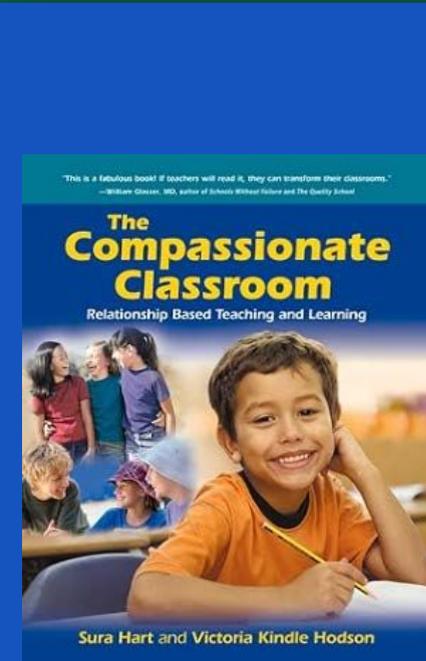




"COMPASSIONATE SCHOOL PRACTICES: FOSTERING CHILDREN'S MENTAL HEALTH AND WELL-BEING" - MASON, ASBY, WENZEL, VOLK AND STAEHELI

This book offers a framework for establishing a compassionate school culture, addressing trauma, and promoting mental health and well-being for both students and staff.





"THE COMPASSIONATE CLASSROOM: RELATIONSHIP BASED TEACHING AND LEARNING" - SURA HART, VICTORIA KINDLE HODSON

This book provides practical strategies for creating a compassionate classroom environment, emphasizing the importance of empathy and emotional intelligence in education.



"RANDOM ACTS OF KINDNESS IN SCHOOL: THE BREAKFAST CLUB" - DALAI LAMA CENTER FOR PEACE AND EDUCATION

In this video titled the focus is on how small acts of kindness can positively transform school environments. Teachers and students are encouraged to embrace simple, thoughtful gestures that promote respect, inclusivity, and support, enhancing classroom dynamics.

The video suggests that these practices help build a positive community atmosphere, reduce stress, and foster a culture where everyone feels valued.

