

# KINDNESS 101

## Student Grant Project Proposal

Kindness 101 grants support service learning projects tied to Kindness 101 and the Six Pillars of Character®. After completing this proposal proposal, submit it to [customerservice@charactercounts.org](mailto:customerservice@charactercounts.org).

What are the primary themes you learned from the Kindness 101 videos and lessons?

- be kind
- when something isn't right, do something!
- a lot of the videos show kids making a difference!
- everyone/anyone can help

What is something your school, neighborhood, or community needs? (This will be your project.)

school need: a Buddy Bench for the "big" (kids) playground

\*our school has 2 playgrounds, we have a Buddy Bench on the "little" (kids) playground

why: inclusion

everyone needs a friend but it is hard to ask (especially as you get older)

Describe what you will do to help your school, neighborhood, or community.

How can your project help meet the needs you identified?

school help:

By adding a Buddy Bench to the "big" (kids) playground, we can continue a "habit" that starts in preschool. If you are in need of a friend or someone to play with, sit on the Buddy Bench and the other kids will know. Our need is inclusion and by adding the Buddy Bench, we will make it easy for students to identify who needs a buddy or a friend.

Identify the action steps you will need to complete this project. You should have at least three action steps.

1. check with the principal, teachers and students
2. get estimates for the bench
3. meet with maintenance about installation
4. enlist guidance counselors to teach/reteach about the use of the Buddy Bench once installed and at the beginning of each school year

How will you use what you have learned from the Kindness 101 videos and lessons in your project?

In all of the Kindness 101 videos, people (mainly kids) spread kindness in their school or community. In most of the videos, someone saw something wrong or that needed changed and that lead to their project.

We feel that by adding the Buddy Bench and teaching how to use it, we can set up our school to spread kindness and inclusion naturally.

Which of the Six Pillars of Character will you demonstrate through your project?

**\*we started by matching up the Six Pillars to what our school used in Character Strong\***

Our Kindness Club identified:

#1 trait we'd like to demonstrate in our project is Caring! Caring matched up with our Empathy learning in Character Strong.

#2 trait we'd like to demonstrate in our project is Respect- specifically following the Golden Rule. One of our Character Strong traits is also Respect!

How will you know your project was successful?

We will know our project is successful when:

- the Buddy Bench is being utilized by student who need a friend or someone to play with

but more importantly...

- when a student sees another students on the Buddy Bench and immediately goes to check on them!