TEACHING KINDNESS IN SCHOOLS: A MUST?

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In this age of social media, our lives are mostly influenced by what these platforms offer us. We tend to be much affected by what we see, read or hear from social media.

One of the most influential pages in Facebook is the Power of Positivity. It always talks about kindness and how kindness is always beautiful. In this article, being kind is related in teaching and learning. Teachers should be kind. But how about the students? Do teachers ensure that their students are also kind to any person at all times, without expecting something in return?

Teachers are often looked up to with high regards and respect, not only because they are the molders of behavior and values, but also because they are always expected to be good people. Being good also means being kind. And as role models, students could adopt this kindness and portray this behavior to other students.

Imagine a world where everyone is kind to everyone. Isn’t it great?

This is what will happen when students learn to be kind in the school.

There are different programs that the education department are now mandating to schools, focusing on academic subjects, bullying, gender and development, disaster reduction, environmental protection and waste management. But there is no particular or

Why is there a need to teach kindness to our students?
Inside the school are different types of individuals who deal with each other. As much as the academic learning becomes stressful for students, they also struggle in their relationships with their classmates, school mates and teachers. Sometimes, the school administration was not able to see these struggles, simply because no student has ever complained, nor expressed about how they feel, or how other students did not give them the kindness they wanted to receive.

As a way to address this matter, the school could adapt teaching kindness in their own curriculum, be it only a school activity or a simple program. In the website greatergood.berkely.edu, Laura Finger and Lisa Flook(2016) suggested on the items to be included in what we can call “kindness curriculum”.

This curriculum aims to combine creative activities like songs and games to teach some concepts and ideas to students. It includes teaching the following:

1. **Teaching the students to pay attention.** It is important for learners to learn how to pay attention to most of the things that are important to others. It includes listening to their classmates, hearing their stories while engaging on a task together. Games could be used to achieve this.

2. **Teaching the students the breathing-in and breathing-out exercise.** This form of exercise can be important to the students because it develops within them a sense of quiet and peaceful mind. Because of this form of relaxation, the learners could be more positive and kind in mingling with others because they are at peace within.

3. **Teaching the students to be more caring.** In this part, teachers could make the students to read more stories of how people care for others and the intrinsic benefits they could acquire from this. Role playing can also be used to make them
internalize the situations. If students become more caring, it develops kindness within and thus will bring positive results to the school community.

4. **Teaching students to support others.** When students learn to support their seatmate, classmate, groupmate and everyone else inside the school, it could bring good relationships. Supporters are always kind in nature and students who are supportive to one another becomes kind and loving.

5. **Teaching students to forgive.** As teachers, we should teach our students that everyone commits mistakes, but what is important is they learn how to forgive.

6. **Teaching students to pay gratitude.** Teachers could teach the students to appreciate and recognize the good deeds and kind acts that other people give or show them. We can give them activities in class that let them play the roles of community workers. After role playing, they learn to thanks the people who serve or have served them even in simplest way.

These are only some of the many ways to teach kindness to our students. Remember that being kind can bring it all. Positive results and good relationships will prosper and the world we live in will be a better place. After all, this is one of the main objectives of the Millennium Development Goals of the United Nations.

**References:**