



**“Fixing the Mean Girl Syndrome”
Encouraging Kindness in Students
Script for Teachers**

From time to time, all of us perform acts of kindness for other people. An act of kindness is when we do something nice for someone else.

Sometimes our generous (nice) act may be large—for example, collecting clothes for the poor—and sometimes these acts may be small, such as opening a heavy door for someone. Sometimes, the person for whom we are doing it may know that it’s us—we help a friend carry her books—and sometimes they don’t—we leave a treat, like a nice snack, on a classmate’s desk.

Examples of kind acts include helping your parents cook dinner, helping your sister or brother clean their room, helping a friend with homework, visiting a grandparent, helping a parent with a younger sibling, or helping your teacher hand out materials.

Although it is always good to be kind to others, sometimes we do not take the time to go above and beyond to do nice things for others. Therefore, TOMORROW, you are to perform THREE acts of kindness—all three in one day. The three kind acts do not need to be for the same person, and it doesn’t matter if that person knows whether you did it or not. Also, the three kind acts you choose to do may be similar to the examples above, but they don’t have to be. The following day, you will be asked to report back and list what acts of kindness you chose to do. If you want to make a note of what acts you did in order to help you remember them, please feel free to do so.

Finally, please do not do any kind acts that may place yourself or others in danger.

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