

November 2021 Kindness Survey Results

How have you shown kindness to YOURSELF that has helped your learning?

1. Working in a quiet space / Remove myself from distractions – 65
2. Listening (to the teacher) - 43
3. Practicing healthy living - 32
 - a. drink water - 6
 - b. eat healthy food - 19
 - c. exercise - 5
 - d. get enough sleep - 8
4. Positive self-talk - 26
 - a. Ex. "never give up" ; "believe in myself" ; "always try to be confident"
5. Asking for help or work with someone – 17
6. Taking short breaks when I need to - 10

There were also about **5** students who said they take **deep breaths** and about **7** students who said they **listen to music**.

How have you shown kindness to OTHERS that have helped their learning?

1. Working together/helping someone struggling in class - 145
2. Being mindful if I am being a distraction to others - 54
3. Checking on a friend if they're sad or hurt - 20
4. Giving a compliment/use kind or encouraging words - 18
5. Playing nicely with others/including others - 16
6. Sharing school supplies or materials - 11

How have you shown kindness to our PLACE that has helped everyone's learning?

1. Cleaning up after myself - 76
2. Taking care of school property - 68
 - a. Ex. stacking chairs, respecting playground equipment, drawing on paper not tables, being gentle with library books and school iPads
3. Picking up litter that I see/cleaning up a mess even if I didn't do it - 64
4. Respecting and taking care of garden beds - 26
 - a. Ex. by watering them, making sure people don't step on them, plant new seeds
5. Being quiet in classrooms, the library or hallways so others can learn - 16

A handful of students said they show kindness to our place by reminding others to be respectful by not littering and cleaning up after themselves.