

# Kindness Connects Help us Celebrate Mental Health Month!

## Did you know that...

- 🍃 Studies show that **1 out of 5 of the students** and adults in your school has a big emotional challenge that keeps them from feeling good about themselves and able to be successful?
- 🍃 When people feel cared for and connected to other people, they are **happier, healthier, and less likely to have big emotional problems?** Lots of studies tell us that simple acts of kindness help us feel better about ourselves, whether we are the one receiving a kind act or the one doing it!

## Together we can make a difference!!

To celebrate Mental Health Month, thousands of students and teachers all over our area are being asked to do at least one random act of kindness for someone in their school or community and to share the story with others.

## How can you help?

- 🍃 **Invite the students and adults in your classrooms to do a kind thing for someone!** You may want to do a little mini-lesson about the power of kindness and invite your students to do a nice thing for someone that they wouldn't usually do! You can help them brainstorm ideas such as baking cookies for a neighbor, saying a kind word to someone who looks sad or offering to help out in the school office or lunchroom!
- 🍃 **Tell the story!** In this packet you will find paper leaves where you can invite your students to draw a picture or write a few words about the kind thing that they did for someone else. We will gather all of the leaves and share them at the Kindness Connects Festival on May 15<sup>th</sup>.
- 🍃 **Please invite your students to take a Kindness Connects bracelet,** wear it proudly and let others know why they have it. Ask them to look for someone who is being kind and pass their bracelet on to them. That person can do the same thing when they see someone being kind... and on and on... How far can the bracelet travel?
- 🍃 **Invite someone else to be part of the Kindness Connects Project!** Everyone is invited to be part of this cool project. Kindness is contagious. Encourage your students to tell their friends and families about this project too. You can download this invitation and more paper leaves at: [www.collaborativesolutionsnetwork.org](http://www.collaborativesolutionsnetwork.org)
- 🍃 **Come to the Kindness Connects Festival!** Tell everyone you know about this fun, free event!



## Kindness Connects Festival

Ithaca Children's Garden

Taughannock Blvd. Ithaca

**Sunday, May 15<sup>th</sup>**

1:00pm-4:00pm

Great Music • Acts of Kindness Storytelling  
Games • Good Food • Surprises!  
Community Planting of the Kindness Tree

Kindness is contagious! Let's start an epidemic!

in collaboration with:



The Mental Health  
Association in  
Tompkins County



Family & Children's

