



# Wednesday November 17<sup>th</sup> 2010

# Cool to be Kind Day

Act Against Bullying  
Reg. Charity 1100132

## School Assembly

### Aims

To help the children understand the importance of kindness and its use as an anti-bullying deterrent.

### Kindness

Kindness is not only something that has positive benefits just for ourselves, it is something that has a positive effect on the community. Any act of kindness will help to bring about peace in our schools, our offices, and our homes. Any act of kindness will help to bring about world peace. That's why it is cool to be kind.

### Preparation and materials

Bring with you a variety of things that demonstrate kind acts on behalf of others, such as gifts, thoughtful letters or newspaper articles focusing on heroic and kind deeds. Before the assembly, you could ask classes to complete the kindness surveys which are available to download from [www.actagainstbullying.org](http://www.actagainstbullying.org).

You could also research one or two kindness poems or ask classes to write their own short essays on kindness to be read out to the school.

'As the sun makes ice melt,  
kindness causes misunderstanding,  
mistrust, and hostility to evaporate.'  
[Albert Schweitzer](#).

'When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.'  
[HH The Dalai Lama](#)

'Three things in human life are important. The first is to be kind. The second is to be kind. The third is to be kind.'  
[Henry James](#)

'Kind words can be short and easy to speak but their echoes are truly endless'  
[Mother Teresa](#)

'The little unremembered acts of kindness and love are the best parts of a person's life'  
[William Wordsworth](#)

'Kindness in words creates confidence'  
[Lao-Tse](#)

Those who bring sunshine into the lives of others, cannot keep it from themselves'  
[James M. Barrie](#)

*"By being kind you can reach out to those children who Act Against Bullying cannot reach. These are the victims of bullying who suffer in silence not willing to confide in anyone."*



## Assembly Notice.

As you know, this week is National Anti-Bullying Week and today is Cool to be Kind Day.

Cool to be Kind Day is an annual event organised by the charity Act Against Bullying which helps bullied children. They are raising awareness today of the seriousness of bullying behaviour on children.

In the UK alone millions of children a year see doctors because they are feeling unwell because of being bullied. Many children have lost their lives because of bullying.

On Cool to be Kind Day you can help Act Against Bullying with their campaign to stop bullying. How can you help? By showing that it is in fact 'cool' to be kind.

Bullying is doing hurtful things to other children on purpose. The opposite of bullying is spreading kindness. So one of the ways to stop bullying is to be kind and thoughtful.

And by being kind to someone who is being bullied you can help them get over their pain and set an example to others.



There are certain facts about kindness that are unknown. For example, did you know that kindness is good for your health? Or that a kind deed has magical properties and can make everyone around you feel happier without knowing why?

The motto of the Cool to be Kind Campaign is: Don't be rude. Don't exclude. Don't hurt to win. And if someone is being bullied – and you are aware of it – don't you join in.

By being kind, you can make a sad person happy. By being kind, you can reach out to those children who Act Against Bullying cannot reach. These are the children who suffer in silence, not willing to confide in any one. By doing this you will be helping Act Against Bullying.

Being kind is being cool.

Kindness can bring a sense of richness and fulfillment to our lives. It can also result in making us healthier. There have been a number of studies undertaken which demonstrate the positive effects of kindness on health, both psychological and physiological. Further studies are under way, and several books have been published on the beneficial effects of kindness by top scientists. Experiments have shown that doing a kind deed for another person can make you feel more optimistic and happier, more energetic, more able to resist pain. It can make you calmer, feel more relaxed and help you sleep better. It can help you feel healthier and control your weight better. It can aid you to empathise with others and make you more creative. It can make you heady with joy and feel excited. It can help to decrease feeling lonely and depressed. It can increase your sense of self control so that you don't feel so lonely and helpless. It is an important part of the philosophy of Act Against Bullying, the national charity which helps children who are bullied at school. Thank you for our support.

©Act Against Bullying

P O Box 57962 London W 4 2TG

Phone: 0208 995 9500

**Act Against BULLYING**

Helping children who are bullied at school