

Kindness Retreat®

Day 1 Journal



Three Steps to Be a Hero

On the Kindness Retreat, you learned how to be a hero for your classmates by using ICI:

- I interrupt
- C compliment
- I invite away

Let's write a story... In the space below, write a story in which you help a classmate get away from an unkind situation using ICI. Choose a setting: Perhaps you are out on the playground, in the lunchroom or on the bus. Then choose the unkind action that's happening. Finally, decide how you're going to use ICI to be a hero!

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Day 2 Journal

10 Kindness Boomerangs

On the Kindness Retreat, you learned about the idea of the Kindness Boomerang. If you want to catch kindness, you have to throw it out there first. Throwing Kindness Boomerangs to your classmates and teachers will make your school a better, kinder place. By yourself, brainstorm at least 10 Kindness Boomerangs in the space below. They can even be something simple like smiling at someone having a bad day or helping a friend with a math problem.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

