

## 52LIVES



## SCHOOL KINDNESS PROJECT

HELLO and thank you so much for your interest in the 52 Lives School Kindness Project.

52 Lives was set up in 2013 with the aim of helping to change someone's life every week of the year through the power of collective kindness.

Founder Jaime Thurston first launched 52 Lives as a simple Facebook page to enable her friends and family to help people. It is now a global network of over 100,000 kind strangers who work together to help a person in need each week and spread kindness. Although 52 Lives gives people tangible help, Jaime quickly saw that it was the kindness itself that was helping people rather than the goods or services they were receiving.





#### WHAT IS THE SCHOOL KINDNESS PROJECT?

Each week, 52 Lives will visit a different school in the UK to run a Kindness Workshop. The objectives of this workshop will be:

- 1. To empower children by helping them to realise that they as individuals can make a difference to someone's life.
- 2. To help change the life of a child in need each week.

#### WHAT WILL THE WORKSHOPS INVOLVE?

52 Lives harnesses the power of kindness to change people's lives. Our School Kindness Workshops are no exception. At each school we visit, we will share the story of a child in need of help, and work with the children during the session to come up with ways to help that child. It could be making cards, sending video messages of support, or thinking of small fundraising activities. That story, and what the children did to help, will be showcased on our website and social media channels.



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At each school we visit, a teacher will be appointed as the school's 'Kindness Co-ordinator' who we can liaise with post-workshop on any follows ups that may be needed. This teacher will also be charged with presenting an annual award to a child in their school who they feel embodies kindness - the 52 Lives Kindness Award (certificates will be supplied to the school by 52 Lives).



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#### THE BENEFITS OF KINDNESS

A simple of act of kindness has been proven to have significant health and social benefits for both ourselves and for those around us. Kindness helps us feel happier, improves our relationships, makes for a better and stronger community, and improves our physical and mental wellbeing – and best of all, it is contagious.

#### WHY SCHOOLS?

At 52 Lives, we believe kindness can change the world. What better way to spread kindness than to inspire future generations and world leaders to go out into the world and be kind?

#### **OUTCOMES**

By the end of the workshops, we will aim to have:

- Demonstrated the power of kindness by sharing real-life case studies.
- Helped the children to realise the two-way benefits of kindness.
- Encouraged the children to work as a team and think creatively to help a specific child in need.
- Discussed ways in which we can be kind in everyday life.
- · Worked with teachers to encourage kindness post-workshop.
- Reinforced the message that everyone in this world needs kindness.
  Our workshops also tie in with the National Curriculum, particularly
  PSHE and geography.

#### HOW LONG WILL THE WORKSHOP BE?

This workshop can be tailored to the needs of your school. It can range from 1-3 hours, depending on the number of classes/students you would like to involve.

# Thank BB

#### WHAT MATERIALS WILL YOU NEED?

Our workshops are fully interactive and require arts and craft materials (colouring pencils, glue, paper, scissors and card) and permission from parents for their children to be included in any photos, videos or audio materials produced during the workshop.



#### WHO WILL BE RUNNING THE WORKSHOP?

Our workshop facilitator is Greig Trout, a motivational speaker and founder of 101 Things To Do When You Survive (www.whenyousurvive.com). Greig is a former Crime Scene Investigator with the Metropolitan Police and a qualified trainer. He has given countless talks to schools, charities and organisations about his eventful and inspirational life. A long time supporter and collaborator of 52 Lives, Greig has kindly agreed to run the School Kindness Project and can't wait to help spread the 52 Lives message.

#### **HOW MUCH DOES IT COST?**

This project is being funded with prize money from the Clarins Most Dynamisante Woman of the Year Award, which Jaime won in 2016. So it is completely free of charge.

#### HOW DO I BOOK A WORKSHOP?

Please contact **schools**@**52-lives.org** to enquire hosting a workshop in your school. We will do our best to visit as many schools as possible, but availability will be limited.

