



## **INTRODUCTION TO RCOE KINDNESS VIDEO**

There are many ways to engage with the Riverside County Million Deliberate Acts of Kindness initiative.

One of the strategies we can use to promote kindness and positive behavior is to create warm and inclusive school environments for students and staff.

The most important action we can do is to connect with one another – person to person. A powerful way to do that, is to make sure you let people know how important they are to you.

We have an example of this to share with you today.

In the fall of 2018, the Riverside County Office of Education Digital Production Services team took their video cameras to Cahuilla Desert Academy in Coachella Valley Unified, Boulder Ridge Elementary School in Romoland School District, and RCOE's Betty Gibbel Regional Learning Center.

At each site, we asked teachers to select one student to tell them how important they are.

The students had no idea what was coming.

Here's what happened...

## **OPTIONAL POST-VIDEO DISCUSSION POINTS**

As we heard one of the teachers share in the video, teaching truly is much more than academic.

It's about the human spirit.

As I watched that video, not only was it uplifting to see how the pouring out of kindness on those kids was a rich, soothing presence on their precious souls, but did you notice the teachers?

Did you see how the simple, yet, intentional act of lavishing kind words on these individual students was stirring the teachers' hearts?

You can see them reconnecting with the essence of why they became educators in the first place.

The greatest thing about that video, is that there is absolutely nothing preventing us from giving to students in this way on any given day.

There is no cost and no training is necessary.

No video cameras, no iPads, and no curriculum are needed.



All it takes, is stepping outside of ourselves, and our schedules, to recognize the impact we can have on students.

### **CALL TO ACTION**

I encourage you to pause right now, and write down the name of one student at your school.

Think of somebody in your neighborhood, your family, your place of worship, or anywhere in your community.

Make it a point this week to tell them how special they are and how much you believe in them.

And then, log your act of kindness and any other acts of kindness you observe at <https://www.rcoe.us/initiatives/kindness/>.

Belief is a powerful word – it can make goals into accomplishments and dreams into reality.