

# THE KINDNESS INJECTION



*Experience the joy of being kind and become a school that cares.*

## What is the Kindness Injection?

- The Goal of the Kindness Injection is to accelerate school/individual student wellness by allowing participants to experience the joy of being kind.
- A high-energy, mixed-media and outrageously fun presentation facilitated by a group of young guys committed to kindness, otherwise known as THE KINDNESS CREW.
- A simple message that can be implemented in any school.
- The Injection can be tailored to any audience: elementary to grade 12.



## The Kindness Injection focuses on:

- Kindness to SELF, PEERS, TEACHERS and the COMMUNITY
- Social Responsibility
- Teaching students how to empower themselves and others through simple random acts of kindness
- “Paying It Forward” How one person can be a force for positive change!
- Creating your own Kindness Crew to ensure an endless supply of kindness at your school



## Thoughts from a past Kindness Participant

*“The performance was amazingly captivating and energetic, involving the whole audience. It made a lasting impression and instilled a wonderful drive to do kindness!”*

*Grade 10 Student at Oak Bay High.*



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## Thoughts from a past Kindness Participant

*"What can I say in addition to all the evaluations and worksheets from the students? I knew the Crew would be a huge success but didn't realize to what extent their influence would be on such a diverse group!"*

*Jean Farina, Career Center Assistant at Langley School of Fine Arts*

## Who are the Kindness Crew?

The Kindness Crew is made up of four professional speakers who specialize in injecting kindness and compassion into the education system. The four Injection facilitators share stories and videos from their Extreme Kindness Tour, which saw them dispense extreme kindness across Canada for over 109 days. Networks like CNN, CTV, CBC and the BBC broadcast their message around the globe. Regular keynote speakers for organizations like the United Way and recent celebrity emcees for Vancouver's CANstruction 2004 at Canada Place, the crew has spoken to over 75 schools across Canada.

## For More Information Contact:

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*"In need of some kindness? These are your guys."  
- The Sault Star, Oct. 9th, 2002*



*"Good news for do-gooders: doing good is good for you!  
Studies track benefits of altruism and improved mental health with giving"  
- Toronto Star, Dec 1<sup>st</sup> 2003*



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kindness*  
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