

Resource Guide

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Be Kind

We understand that how we gather looks different these days. Whether you are coming together in person or online, PJ Library will continue to provide content to connect with your community. Inside you'll find ways to:



- **Creatively help each other through acts of kindness**
- **Make meaningful connections to families through Jewish values**
- **Enrich learning experiences for all ages**



Be Kind

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Being kind really does make the world a happier place. There are countless ways to be kind – here are just a few!



It's Cool to be Kind at School

If your school community is coming together online, consider having each class take a few pages from the book and commit to participating in the kind acts that are mentioned. Have them record videos of what they're doing to help others. Some of the middle school and high school aged students are probably able to edit together the videos into a great montage to share more widely.

Commit to be Kind

Is it possible to be kind everyday? Suggest to your community that they print out a calendar and record an act of kindness that they do everyday for a month. Ask them to tell you about how they were feeling before they committed to being kind and after. There's a great deal of research that shows when we work to help others, we improve our own mental and physical health as well. It's truly a win-win.

Kindness: Social Media Style

After you've shared elements of this book with your community, encourage them to keep the kindness going. Create a catchy hashtag to track all of the ways that people are being inspired by Be Kind and post on your Facebook, Instagram or Twitter accounts so that families can see how widely the kindness is flowing.

Online Inspiration

It can be challenging to connect with families when we're not able to gather together in person. Share the parts of this inspiring book that most captivated you during your next virtual gathering – at Shabbat or havdallah if you're comfortable using technology during those times – or any other time your community comes together in cyber-space. Highlight the ways that members of your community are being kind that parallel what you see in the book.

For more on kindness:

www.pjfor.me/KindnessBlog

www.pjlibrary.org/familyactivities

www.pjfor.me/KeepingInTouch

www.pjfor.me/KindnessBooks