

Kind Campaign CLUB! KNOB HILL



"Kindness is one of the greatest gifts you can bestow upon another. If someone is in need, lend them a helping hand. Do not wait for a thank you. True kindness lies within the act of giving without the expectation of something in return."



Magazine Volume 1

2016

15 RANDOM ACTS OF KINDNESS

1. Hold the door open for someone.
2. Compliment someone.
3. Offer a hug to someone.
4. Send a thank you note to soldiers.
5. Smile at everybody.
6. Give up your seat for someone.
7. Share.
8. Respect others.
9. BE KIND
10. Do a kind act daily.
11. Give help to a student in need.
12. Ask someone to sit with you who is sitting alone.
13. Say thank you.
14. Lend a hand.
15. Write someone a kind note.



"Kindness,
like a boomerang,
always returns"

"Be Kind for
everyone you
meet is
fighting a hard
battle"

"Be Kind to
everyone including
yourself"

"Kindness is the
best Kind of smart"

"Keep calm
and be
KIND"

"Be Kind
whenever
possible.
It is always
possible"

"Kind is
the new cool"

"Be Kind to
one another"

"ONE KIND WORD
can change someone's
entire day"

"To be Kind is
more important
than to be right.
Many times, what
people need is not
a brilliant mind that
speaks, but a special
heart that listens"

"Note to self:

be KIND
be KIND
be KIND"

"Throw Kindness
around like confetti"

"Kind words can be
short and easy to
speak, but their
echoes are truly
endless"

"Be Kind to
unkind people.
They need it most"

"Be Kind all
the time"

"If you can't be
KIND
be QUIET"

"You are Kind,
You are smart,
You are important"

"It takes guts
to be gentle and
Kind"

Kindness is a
language that
the deaf can
hear and the
blind can see"

"Kind words
are worth much
and cost little"

"When words are
true & kind they
can change the
world"

"Have courage
and be Kind"

"You will never regret
being Kind"

Kind

Campaign

My Random Act Of Kindness

Taylor Shepard
Grade 5

I was so happy to be getting off to my soccer game, but I was a little nervous too! There is a girl on my soccer team named Sophia. She is in third grade. I was born in August so I'm on a team that's a little younger than I am. Back to the story, she's a pretty nice girl too! She doesn't have many friends so I wrote her a little kind note, and this is exactly what I said,

Dear Sophia,

You are one of the kindest people I've ever met! You always tell me how well I did instead of saying "You need to do better at diving!" You always say "You did awesome at punting yesterday! You've improved so much as a player you are awesome!"

You deserve all your skills in soccer. I played you in a one on one and you scored on me! You are so good for a 3rd grader .vs. a 5th/4th grader!

You are so kind and you are nice to everyone friends, family, and even people you barely know! I'm happy you're my friend.

Kindly,
Taylor Shepard

While she was rummaging through her bag, I slipped the note inside. I watched her read it. She smiled and did a little dance, then she ran over and gave it to her parents, as well as a huge hug and read them my kind letter I gave to her. That was the happiest I've ever felt in my life. I would definitely recommend doing this!

THE HAIRY BEAST!

By: Anonymous

"You're so hairy!" "Eww get away from me you hairy beast!"

Hi, this story is a true story and it is about me and do not think I made this all up because I didn't. This all started in kindergarten on the first day of school. I walked in and sat down in between a boy and a girl and one of them said to me "You are so hairy!" We all started laughing. You know kindergarteners they think everything is so funny. So I just laughed with the two of them. As I grew older this stuff just constantly kept happening. I would go home and lock the door and cry until my eyes dropped out. People didn't get it. I couldn't tell my parents because I was too afraid. Third was better, and it mostly stopped except for one person. When I went back to fourth grade it all came back again. Some people nicknamed me the hairy beast. I felt so hurt. No one knows how I felt. Some days I wished I was dead because it got so serious. I would go to school some days scared because I would get so embarrassed.

But this all stopped and came to an end again because I joined Kind Club. I learned that it doesn't matter. I got more and more confident in myself. The moral of this real story is it doesn't matter what people think. And, please, to the people who have done something like this to someone, please go to that person and apologize. Tell them you didn't mean it.



Choose being kind
and being right
and you can be right
every time

Just be kind
and brace that
all you need
to be

be kind to

Unkind people
they need it the
most

If you don't
be kind be quiet

one kind word
can change someone's
entire day

When words are
true and kind
they can change
the world

Kindness is a
Language which
deaf can hear
and the blind
can see

Believe in the
magic of kindness

Kind
words

Kind words
can be short and
easy to speak
but their
echoes are truly endless

If we cannot be
clever we can always
be kind

Be kind whenever
possible. It's always possible

Isn't it kind of
silly to think that
tearing someone else
down builds you up

Kind words
can warm for

3 winters, while
harsh words can chill
even in the heart
of summer

Be your own
kind of

beautiful

Kind Quotes

1. Kindness is the language the deaf can hear and the blind can see.

2. A warm smile is the universal language of kindness.

3. Wherever there is a human being, there is an opportunity for a kindness.

4. Always be a little more kinder than necessary.

5. Kind people are the best kind of people.

Be kind

Be the reason
someone
smiles today.

ONE KIND
WORD

can change
the world
one day

Be kind whenever
possible. Then
you'll always
be kind.

When words
are both
true and kind
they can
change the
world

Kind words
do not cost
much. Yet
they accomplish
much.

You don't need
a reason to
help people

Being kind
is more important
than being right.

Be kind to old
people. They need
it the most.

No act of kindness
no matter how small
is ever wasted

The truest greatness
lies in being kind,
the truest wisdom
in a happy mind.



A gentle word, a kind look, a good natured smile can work wonders and accomplish.



Love is patient,
Love is kind,
Love is not envious
or boastful

or arrogant or rude.

It does not insist on its own way.
It is not irritable or resentful.

It does not rejoice in wrongdoing,
but rejoices in the truth.

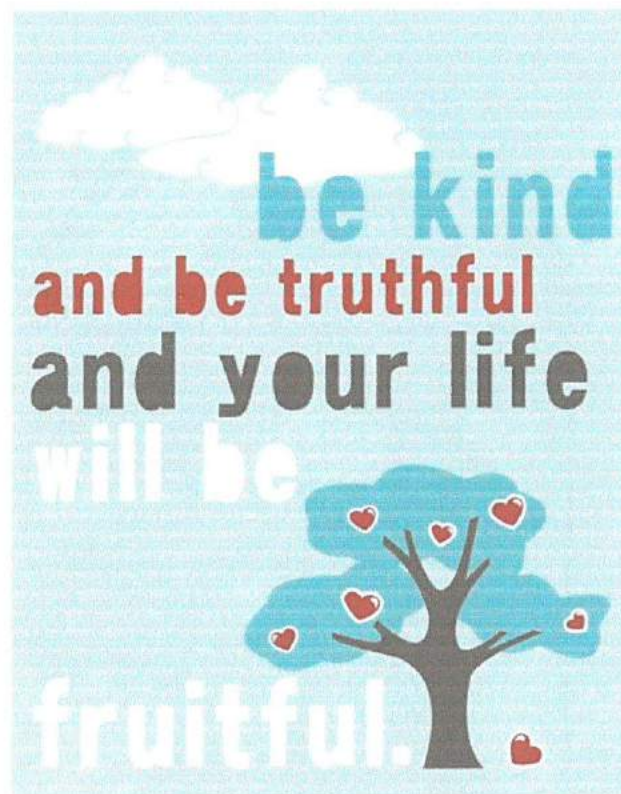
It bears all things,
believes all things,
hopes all things,
endures all things.



It's Never Too Late

BY: Anonymous

one of the worst feelings I have is guilt. That guilt comes from when I use to bully someone. I pushed her down the slide once, took her friends, and made her life miserable every single day until the end of the year. Nowadays I don't bully her, and she is one of my best friends. I still remember all those dirty words I said to her... "ugly"... "loner"... "stupid". when I think about that all I feel is guilt. I started to bully her just because she looked like me and I didn't like it. I was jealous of her and it made me feel better to make her sad.



what this
world
needs
is a new kind
of ARMY-
the army
of the
kind
CLEVELAND AMORY

"TO THE WORLD YOU MAY BE ONE PERSON, BUT TO ONE PERSON YOU ARE THE WORLD!"

Be Kind to Each Other

There was a time in my life were I had two best friends who did not like each other. I was in first grade and I met this girl who I wanted to be friends with, but she did not like a person in the class. I tried to make them friends but instead the other girl became friends with me, and now my 1st grade year was going to be a lot harder.

I was having P. E. and one girl said, "Isn't she a **diva**" I know she wasn't, but I tried to be nice and I agreed with her. I know that deep down, I thought that girl was very mean, and did something to the other girl in the past. Then my friend Luna became friends with the other girl and she and me talked on how to bring them closer together we thought for 2 days and decided to give them the silent treatment. So the next day we just ignored them, but I wished we hadn't. They just shouted at each other and said stuff like "this is your fault that they are not talking to us!" The other girl said, "No it's your fault **diva**!" This word made the other girl so sad she hated the other girl even more.

When the end of the year came the 2 girls did not sign each other's year book and, I was glad that I was going into 2nd grade so I did not have to deal with there drama. But even though they were going to be in different classes I still had a feeling like things were going to get 5% better. Who knows maybe they will become friends one day. :]

[Highlights are things you should never say to anyone out loud or in your head]

Be your own kind
of Beautiful

ALWAYS BE KIND!

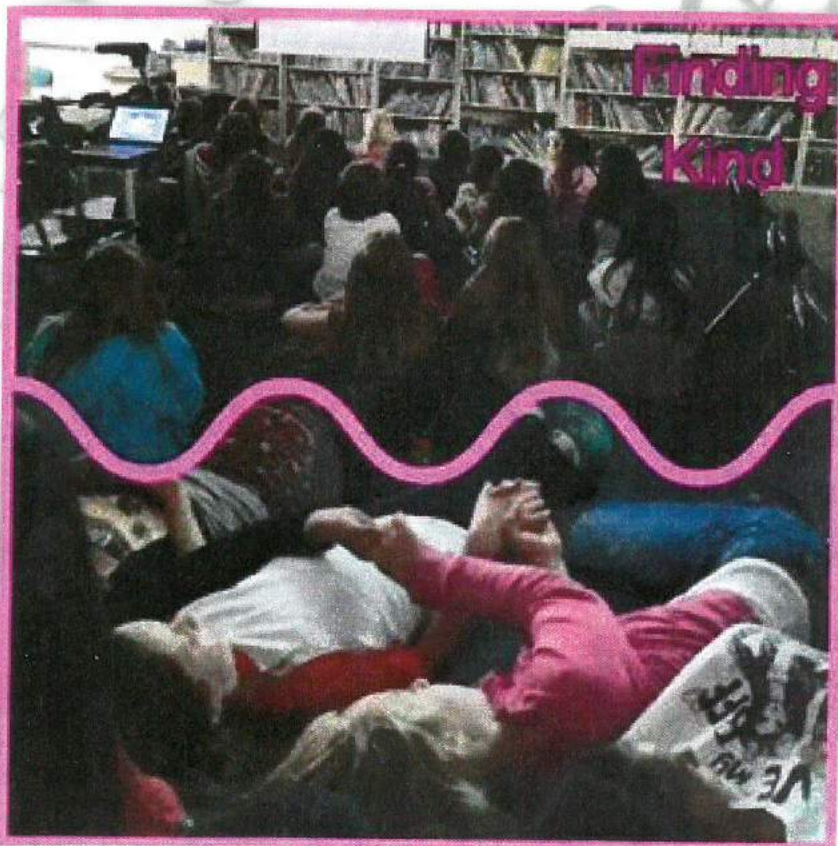
BE KIND

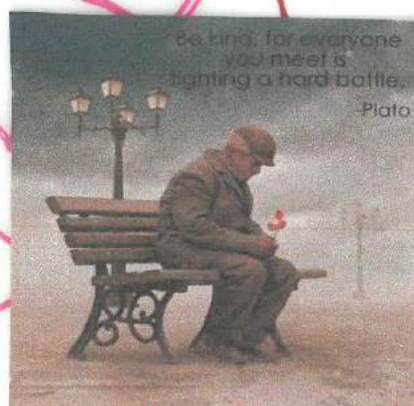
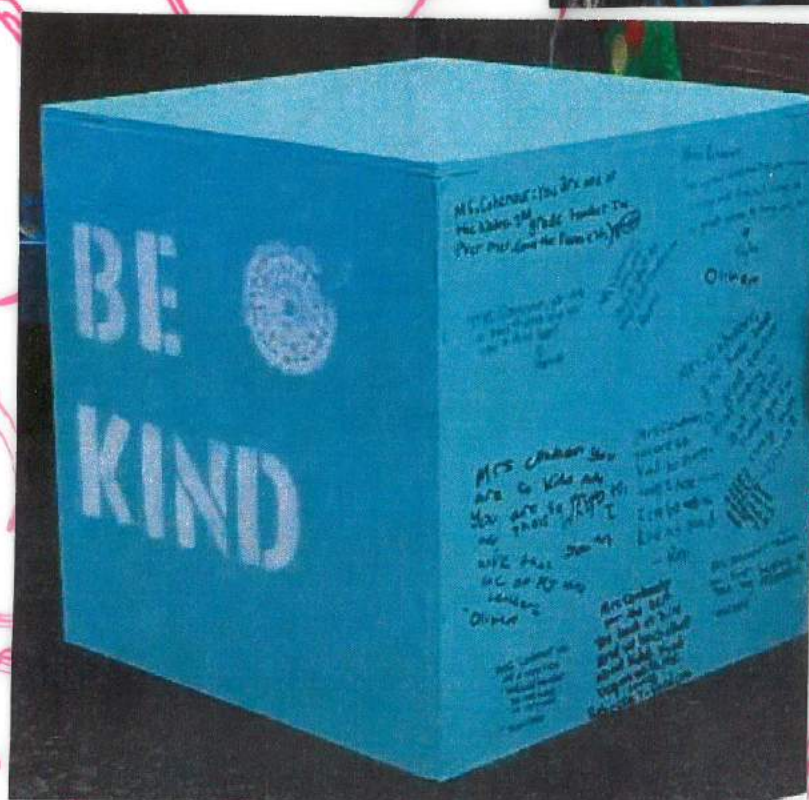
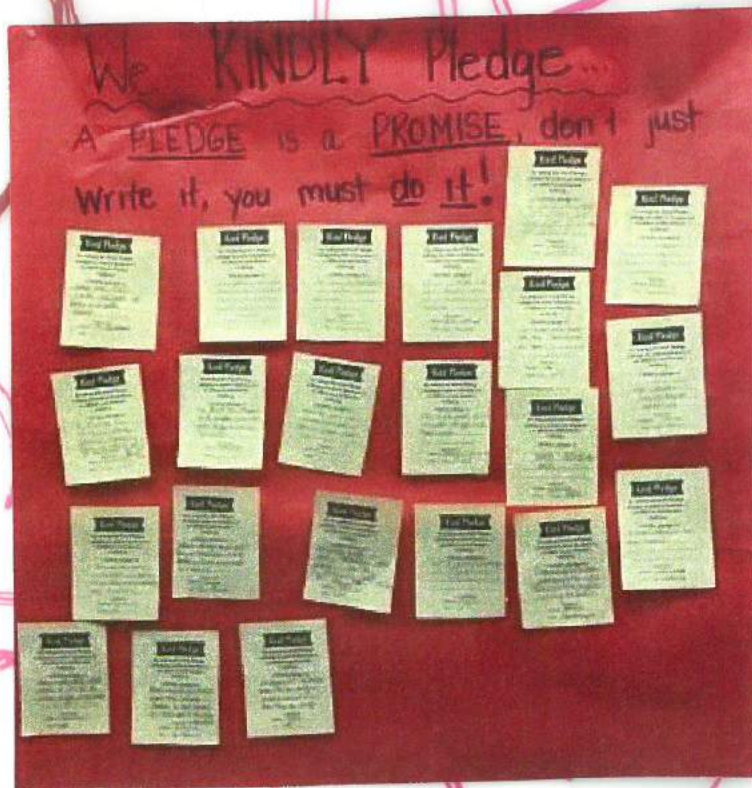
WHENEVER POSSIBLE.

It is Always
POSSIBLE.



BE KIND!





Kind words do not cost much. Yet they accomplish much.

Hi my name is Ally and i have a little story to tell .
one ordinary day i was eating my breakfast with my friend (Lily) then Alice (my friend) came over with her friend Mimi. Alice asked Mimi to get her breakfast because she didn't feel like getting it herself, so mimi went and got her breakfast with her own money. It made me very mad because the same thing happened for the next couple of weeks. Then on a friday morning we were all at the breakfast table and i asked Mimi why she was doing that. She replied "i don't know " so i told her to stand up for herself and not let Alice push her around. After i told her, that she did not seem convinced that she should do anything about it and i could tell. Anyway while all of us were eating, Mimi found 3 dollars. Alice suddenly got interested and she asked Mimi if they could go to the student store. of course Mimi said yes and i could tell that she did not want to go. while we were all walking over there i told Mimi if she did not want to do that she did not have to. She shrugged her shoulders and walked over to Alice. Me and Lily were about to talk to alicia but we wanted to wait a little. while we were over there, Alice got a little key chain that had a bear on it for 2 dollars while Mimi got herself a pencil for school. I then went over to Lily and told her that we had to do something about this or it would never end. She agreed so we decided the next time Alice asked Mimi for something we would get involved. This story was about how a friend was taking advantage of another friend. Just remember if someone is consciously taking advantage of you, go to a teacher, parent or even friend and they will help.



Stay Kind.
ALLY



What Being a Part of KIND Club



Has Meant to me...

By: Mrs. Cohenour

Being a part of KIND club has taught me so much and means everything to me. The 25 girls that are a part of this club are so inspiring and have so much strength to overcome any struggle that they are dealing with. Their smiles, their stories and courage make me so happy to be a part of this group. With that, being able to teach these girls about KINDNESS with one of my dearest friends is like the topping on the cake. Ms. Richardson has such a KIND, CARING and INSPIRING personality. I am truly lucky to have her by my side while teaching these young girls about KINDNESS. I hope these girls carry what they learned into society for the rest of their lives and help spread the message of KINDNESS.



What Being a Part of KIND Club



Has Meant to me...

By: Ms. Richardson

Being able to have a KIND club at Knob Hill has meant a lot to me. To start, it's been so fun to spend some extra time with one of my favorite people - Mrs. Cohenour. Sharing this journey with someone who has the same passion as me has been indescribably special. Starting a club like this use to be a dream of mine, and now it's a reality. This club has also brought so much joy into my life. Our 25 girls inspire me each time we meet. They have the most generous hearts, and speak so openly, honestly, sincerely, and vulnerably. I have grown to adore each of them. My hope is that they leave this club feeling more confident and caring less about what other people think of them, and more about how they make other people feel.



What Being a Part of KIND Club



Has Meant to me...

By: Gannah

Being part of the KIND club has changed my life. To start, in the past I was bullied because I wasn't good enough to be their friend or I was bossed around. By now some of my bullies aren't here anymore and being in the KIND club has pushed me to not listen what people said. I keep moving forward every day to get good grades, helping people, and being KIND. I have been kind all the time but being in the KIND club has challenged me to be more kinder than ever. If you were ever the bully, you can't change the past, but can forgive yourself and the person you bullied. In other words, non-kind people need kindness the most. Be kind whenever possible.



What Being a Part of KIND Club



Has Meant to me...

By: Olivia Martinez

Being Part of this club has made me feel happy to have an opportunity like this and hear people's stories and what they have gone through. It has taught me not to judge people by what they are wearing or what they think of. I feel very angry at myself for ever being mean to someone or ignoring people. I am thankful for letting Mrs. Richardson, and Mrs. Cohenour for letting me be in the kind club.

♥ Be Kind ♥ Be Kind ♥



What Being a Part of KIND Club



Has Meant to me...

By: Lola

I love being a part of kind club because we do so many fun things like making this magazine. Being in kind club lets you know that people appreciate your kindness enough to know that you should be in a club for it. The teachers in kind club; Mrs. Cohenour and Mrs. Richardson are so amazing to start this club at our school for us and do it on their own time and with their own money. They have taught me so much about being kind and so have all the kind girls around me. It makes me so happy to be a part of kind club. I feel so special every other thursday when I walk into the kind club room and we talk about kindness!

BE KIND!



What Being a Part of KIND Club



Has Meant to me...

By: Taylor Shepard

KIND club has meant so much to me, but let me start with the main one. I love that all the girls in the room with me are so unbelievably kind! They don't brag about how much money they have, and they don't say ew... and move away when someone sits with you. All these kind girls love to sit with each other. We all have an instant love of kindness, and I hope all of these wonderful girls meet their full potential.

Kindly (as always),

Taylor Shepard



What Being a Part of KIND Club



Has Meant to me...

By: Dayne Meagher

Being part of the Kind Club is very important to me because I have learned to have more confidence in myself, and also how to spread kindness. Kindness is very important to me because when you are kind to someone, you can really turn their entire day around in a positive way. Also, it makes me feel really good inside when I am kind to people. I have learned that Kindness is key, and if everyone were to spread a little kindness around, we can change the world!



What Being a Part of KIND Club



Has Meant to me...

By: Mariana Rich

Being in Kind Club at Knob Hill has been an outstanding experience. I love all the girls here and the best teachers Ms. Richardson and Mrs. Cohenour. I have learned the importance of KINDNESS and how it really affects girls' actions. I have learned to be confident in myself, how to not let people bully me, and to always BE KIND! I will keep these two years in my heart forever they have changed my life and I am so proud I am part of this club.




What Being a Part of KIND Club



Has Meant to me...

By: Rebecca Y. Panduro

This club has changed
my life and how kind I have
to be to other people.
My family really loves telling
them about kind and
and how kind means
to other people. I love
the words "kindness and
love," because that tells
me that kind really means
love. So I just want
to say to be kind
to your friends and
family members. Also
to forget what other
people say about you.
Love, Kind 




What Being a Part of KIND Club



Has Meant to me...

By: Isa

Being a part of KIND 
club has taught me to
never judge people and
always be kind. It is really
fun to be doing these
kind activities with Mrs.
Cohenour and Mrs. Richardson.
It is actually kind of
sad how mean girls can
be to each other.



What Being a Part of KIND Club



Has Meant to me...

By: Amaya Maynard

Kind Club has made me feel like I gained a whole new level of me being kind. It's taught me to not judge people by their look, to never ever say mean things and most of all... to be KIND. This club has brought me to a side of me that I have never seen before. And I'm so glad that I'm in it! Another way that this campaign has made me happy, is because my teachers, Ms. Richardson and Mrs. Cohen are the best teachers that I've had! They are super nice and make me happy. That's my feelings of Kind Club.



What Being a Part of KIND Club



Has Meant to me...

By: Alexa R.

Kind club has taught me to be confident about everything I do and say I have made some new friends. I come here with a smile every single meeting and wondering what we will do next. I love the kind club because it makes girls ready for the future just like me.



What Being a Part of KIND Club



Has Meant to me...

By: Reyli Calderon

I think being a part of KIND club has increased my kindness. I met a lot of good friends, and we got to do a lot of cool activities. Mrs. Cohenour & Ms. Richardson have been a great help in my life. And even though I don't get a lot of time at home I feel like all the girls in the KIND club are family. I hope that my teacher puts me into the KIND club again.



What Being a Part of KIND Club



Has Meant to me...

By: Tatym

I love being in Kind Club because it always makes me feel happy inside when we do activities that involve being kind. Everytime we do a Rak I am always excited to be nice to someone who is lonely or sad or who needs a friend. All in all, I love being in this club.



What Being a Part of KIND Club



Has Meant to me...

By: Natalie Berg

Kind Club is very important because now I see how bullying affects people and now I know how to handle bullies. This Club has taught me so much and I knew this was a great fit for me. Now I know to be kinder to others and how to stand up for myself and others. Being with and around such kind people has made me a better and kinder person on the inside and out. The only thing I want to do now is spread kindness and be kind all day! Kind Club is the best experience ever! I hope everyone in the world gets an opportunity to join!

♥ BE KIND! ♥



You
are
Beautiful



Stand
proud



Stand
Proud

BE

You are
Beautiful



You
are
Beautiful

Stand
proud

KIND



Stand
proud

You are
Beautiful

You
are
Beautiful



Stand
Proud



Be Careful of
your words.
Once they are
said, they can
only be forgiven,
But not forgotten.

Kind words never die!

Be the reason
someone smiles
today.

Be kind whenever
possible. It is always
possible

The act of going out of your
way to be nice to someone
or show a person you care.
Kindness
Something that apparently does
not exist in this world anymore.

Be kind no matter
what.

Kind words
do not cost
much yet they
accomplish much.

one kind word ♡
can change someones
entire day.

NOTE TO SELF
♡ Be kind
♡ Be kind
♡ Be kind

KEEP CALM AND BE KIND!

A letter from the Editors...

This magazine was created entirely through the creativity, love, hard work, and eyes of our 23 KIND club members. We helped facilitate the process, but these girls are responsible for every word you read between these 20 pages. We couldn't be more proud of how vulnerable, raw, and honest each of them were. They never cease to amaze us with how thoughtful and encouraging they are.

We hope that this is the first magazine of many. As you read through the pages, keep in mind that the stories of pain happened on this campus and happen every day. Likewise, so do the stories of kind gestures and healing acts of kindness.. We hope these stories, quotes, pictures, and letters motivate every student and adult on this campus to love a little more, judge a lot less, and care for each individual a lot more. Every person is fighting a different battle that we do not know about.

To our 23 kind club members: You inspire us. You motivate us to keep doing what we are doing. None of this is possible without you. So....

Metzli, Katie, Amaya, Karissa, Reagan, Hannah, Reyli, Cheyenne, Sumaya, Rebecca, Isa, Hayley, Tatym, Olivia, Olivia, Susette, Lola, Holly, Alexa, Dayne, Mariana, Taylor, and Natalie

...we thank you, and we love you.



Mrs. Cohenour and Ms. Richardson