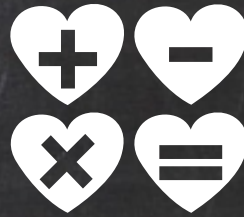
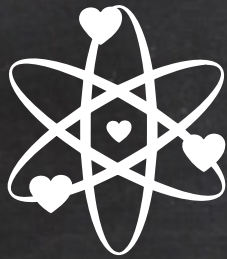


# BRINGING KINDNESS INTO THE CLASSROOM



## DID YOU KNOW?



- ♥ **People who are kind and compassionate are usually the most successful.** Studies consistently show that we feel happier when we perform act of kindness – for our children, students, families, friends, and communities. Not only do good deeds make us feel better; they provide a more successful lifestyle.  
(David Brooks, *New York Times* Nice Guys Finish First.)
- ♥ **Happier children have greater academic success.** Students who performed acts of kindness with their peers, families and in the community had greater academic success than those who simply recorded seeing acts of kindness over a span of three months.  
(Price-Mitchell, 2013)
- ♥ **Self-efficacy leads to higher achievement, goals, and positive behavior.** Researchers have found that higher self-efficacy is linked to:  
1) greater ability to think productively by applying positive thinking skills when facing a challenge; 2) higher motivation; 3) stronger effort put into an activity or task; greater resilience; and 4) lower vulnerability to stress and depression. (Bandura, 2013)
- ♥ **Building self-value circumvents depression.** An estimated 2 million 12 to 17 year olds experience clinical depression annually, and Reivich and Gillham (2009) have found that building resilience in younger children can help thwart depression before it starts.
- ♥ **More kindness = Better Life.** Experiencing and performing acts of kindness provide an increased sense of self-worth, greater happiness, and optimism, as well as a decrease in feelings of helplessness and depression, is achieved. (Luk, 2001.)



## PLANS FOR EXPANSION

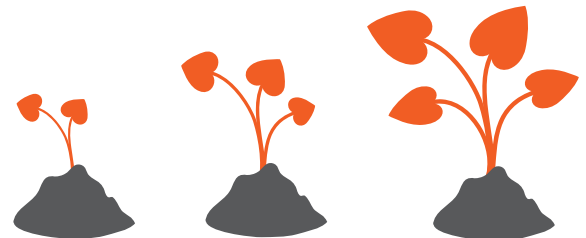
*Life Vest Inside has grand plans for the future of Education*



- ♥ Expand LVI Kindness Curriculum using the English Language Arts (ELA) Common Core State Standards and Bloom's Taxonomy to 6th-12th grade students.
- ♥ Create additional units of study for English Language Arts spanning from K-12.
- ♥ Expand LVI Kindness Curriculum to Math, Science, and Social Studies content areas using the CCSS where applicable.
- ♥ Collaborate with educational experts in the field to plan for LVI Kindness Curriculum to every content area across entire school year.
- ♥ Host interactive website for teachers, parents, and students to share their learning experiences, reflections, and additional ideas for expanding the curriculum and educational opportunities for students.
- ♥ Implementation of LVI Educational Arm in accredited Teacher Preparation programs.
- ♥ Bridge the gap between school and home to reinforce kindness in every community.

**We are committed to enhancing the culture of education to empower all to be change-agents for kindness around the world.**

If you are interested in purchasing, or learning more about, the **Life Vest Inside Kindness Curriculum** visit [www.lifevestinside.com/educate](http://www.lifevestinside.com/educate) Or Email [Lydia Criss Mays](mailto:lydia@lifevestinside.com), the Director of Education at [lydia@lifevestinside.com](mailto:lydia@lifevestinside.com)



# THE CHILDREN ARE OUR FUTURE



We all want the best for our children. We know our children's academic and home experiences shape the structure and function of their learning and understanding of the world – impacting academic performance, mood, behavior, and success in life.

The Department of Education has spent the last decade calling for an **increase in character development** and stronger classroom content in schools ([www.ed.gov](http://www.ed.gov), 2013). **Life Vest Inside** is the first to answer this call in a strategic way that **empowers children, honors teachers, and unites parents and the community**. The Life Vest Inside Kindness Curriculum provides one-of-a-kind educational opportunities woven seamlessly through the school day to increase students' self-value, self-efficacy, and academic achievement. Foundationally built on growing kindness, care and empathy, children will continue to develop their ability to critically think about themselves and the world through the lenses of empowerment and equity.

The **Life Vest Inside Kindness Curriculum** was designed with the understanding that the most effective educational programs make connections to real life situations, build strong relationships between adults, children, and the community, and build positive life skills in children.

The goal of the **Life Vest Inside Kindness Curriculum** is to catalyze change in education from a focus on improving current learning experiences to building the best possibilities for a successful life full of **happiness, kindness, care and empathy**.



# WHY KINDNESS?

*Fight Bullying by Empowering with Kindness*



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## THE ISSUE

- ♥ 77% of students have admitted to being the victim of physical, verbal, or cyber bullying.
- ♥ One out of every 4 children will be bullied at some point.  
(American Justice Department)
- ♥ Adults who were bullied as teens have higher levels of depression and poorer self-esteem than other adults.
- ♥ 30 percent of bullied students reported depression, while 11 percent reported serious thoughts of suicide or suicide attempts.
- ♥ 19 percent of those who frequently bullied others reported experiencing depression, while 8 percent reported suicidal thoughts or attempts.

## THE SOLUTION: **KINDNESS**




- ♥ Fostering, and promoting empathy in children and adolescents could relate to the development of pro-social behavior and to the prevention of aggressive behavior.
- ♥ Kids with high levels of empathic concern tended to view bullying as negative and therefore bullied others less.
- ♥ Among the six points of the Character Education Partnership is to "Replace Current Beliefs or Behavior: Teach bullies how to act differently—how to be kind. Develop empathy, conscience, and self-control (*anger management*) in bullies."

## HOW?

LVI works to cultivate the awareness that children can effect real and positive change in the people around them, simply by 'living kindness:' by embodying empathy and compassion in our day-to-day lives. **Lydia Criss Mays**, Life Vest Inside's Director of Education, has designed the **Kindness Curriculum** to intentionally align with the **Common Core State Standards** (CCSS) and **Bloom's Taxonomy** to **promote kindness, tolerance**, and **social interaction to our children**. The curriculum includes Units of Study from Kindergarten through Fifth grade and will eventually span to 12th grade. The curriculum is unique in that it functions as a seamless curriculum to complement and enhance instruction for teachers, unlike "push-in" curricula, requiring teachers to "make time" within a school day to accommodate additional learning objectives not reflected in the CCSS.

Each Unit, designed by experts in the field of education, includes six lessons. Each Unit builds upon the prior, so by the end of Fifth grade, students will have received almost forty lessons to enhance their understanding of, and ability to, think critically about ways to generate **more kindness on an individual and global level**.

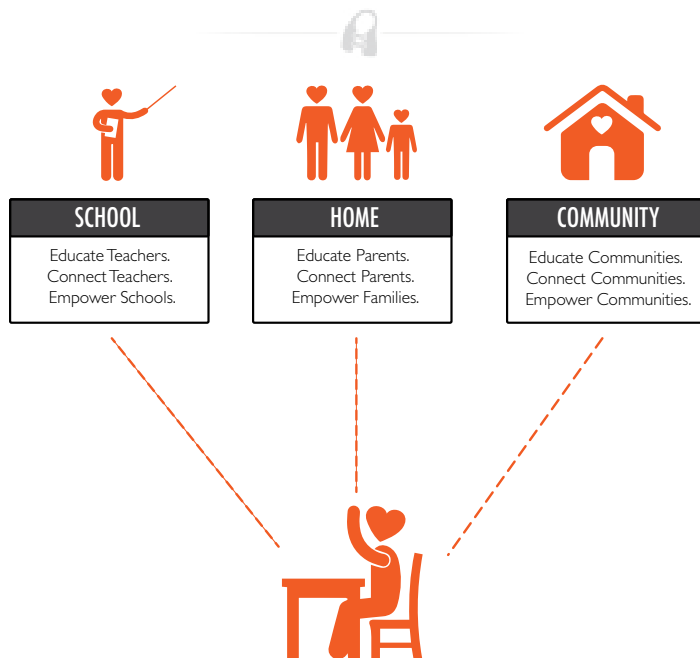
## OUR PHILOSOPHY

|  STOP BULLYING  |  BUILD SELF-ESTEEM   |  CULTIVATE COMPASSION   |
|---|--|---|
| Children raised to understand the value of kindness are less likely to bully and more likely to stand up for others. Further, the act of being kind increases energy, optimism, and happiness - providing an overall improvement in well being. | Did you know that teaching empathy and practicing kindness naturally increases one's self-esteem? A child with increased self-esteem is less likely to fall prey to issues such as peer pressure, bullying, and substance abuse. | Showing compassion allows children to more easily handle stress, increase their receptiveness to social support, and better maintain overall well-being. If that's not enough, compassionate people have 2x the amount of DHEA, which slows down aging. |

## EDUCATIONAL FINDINGS



## LVI'S TRIPLE THREAT APPROACH





## OUR MISSION



To empower and unite the world with **KINDNESS**. Life Vest Inside is committed to spreading the message of kindness in the hearts and minds of the community by empowering them to see the **AMAZING** and **WONDERFUL** potential they have to make a difference in the world through simple yet powerful acts of kindness!



To learn more about Life Vest Inside:

Visit [lifevestinside.com](http://lifevestinside.com)

Email: [orly@lifevestinside.com](mailto:orly@lifevestinside.com)

