

Your whole school can
Be Kind Online with us!



It's easy! And FREE!

#10DEEP

Breaths

SEPTEMBER 28

OCTOBER 22

WEEK ONE SEPT. 28 ~ OCT. 2

Have your entire school take the Be Kind Online Pledge! <http://bekindpledge.com>

Challenge to Principals: Get 100% of students to take the Be Kind Online Pledge

WEEK TWO OCT. 5 ~ OCT. 9

Simulate Taking #10DeepBreaths + Moment of Silence

Over the P.A. system, take #10DeepBreaths to simulate how to manage anger online.

WEEK THREE OCT. 12 ~ OCT. 16

**Wear an "I'm Kind" sticker over your heart to
prepare for Be Kind Online Day on October 22!**

WEEK FOUR OCT. 19 ~ OCT. 22

Host "Be Kind Online Day" on October 22, 2015.

Download our FREE curriculum that has everything
you need to host this student-led event!

<http://beyonddifferences.org/teacherportal>

