



Kindness Tree Structure Plan

The Kindness Tree encourages kindness and helpfulness by symbolically recognizing kind and helpful acts. The simple act of placing symbolic leaves or magnets on your tree retrains the brain to focus on the good that's within each of us.

The Kindness Tree enriches classroom and family life by noticing the inner resource of kindness, increasing its power and reach. The purpose of this structure is to:

- Honor and encourage kindness and helpfulness
- Focus on the positive
- Highlight the many ways we help one another
- Foster a sense of unity and belonging

In addition, the use of this structure can be integrated with academic lessons on math, literacy, writing, and science. A variety of sample lesson plans come with the Kindness Tree offered in the Conscious Discipline store.

You can purchase the Kindness Tree in the Conscious Discipline store, or you can create your own. Creative educators have come up with many variations on the Kindness Tree, including a Kindness Pizza (with pepperonis representing acts of kindness). The materials you use are up to you; it's all about the intention behind the ritual.

This Structure Plan will support you in mapping out how you will introduce and incorporate the Kindness Tree in your classroom, the materials you'll need, how you will share information with parents, and more.

KINDNESS TREE STRUCTURE PLAN

What materials will I use? (e.g. Kindness tree, school mascot, sticky notes, etc.)

How will I introduce/teach this to children, staff and families so that it does not become a “catch them being good strategy”?

What time of day will you review kind acts?

How will children and staff record kind acts?

How will I share this information with families without changing the intent of the structure (to see the best in one another)?

How will I study the skills and powers that support the use of the Kindness Tree?

