

Kindness

December's Character Trait



Durham Public School's Definition:

- Exhibiting gentleness, goodness of heart, compassion, friendliness
- What are some examples of kindness? Your example can be from your life or from someone else's life.



Gossip & Rumors are Unkind

Gossip: This is talking about other people with no specific purpose.

Rumors: This is talking about people with the goal of hurting someone. The subject of the discussion can be based on the truth or can be false.



How do people spread rumors?

- **Gossip & Rumors can be spread in class, in the hallways, at lunch, etc.**
- **Unkind comments can be said online as well. Online comments such as posts on Facebook or Instagram are just if not more hurtful than spreading rumors in person.**
- **You are just as responsible for your in person behavior as your online behavior.**

Why spread rumors or gossip?

- **Feel superior or in control**
- **Impress others in a group**
- **Get attention from others**
- **Gain power over others**
- **Make excitement**
- **Make other people feel bad**

What happens if rumors are spread?

Exclusion of friends
Destruction of trust
Bad Choices (like fighting)



What can you do?



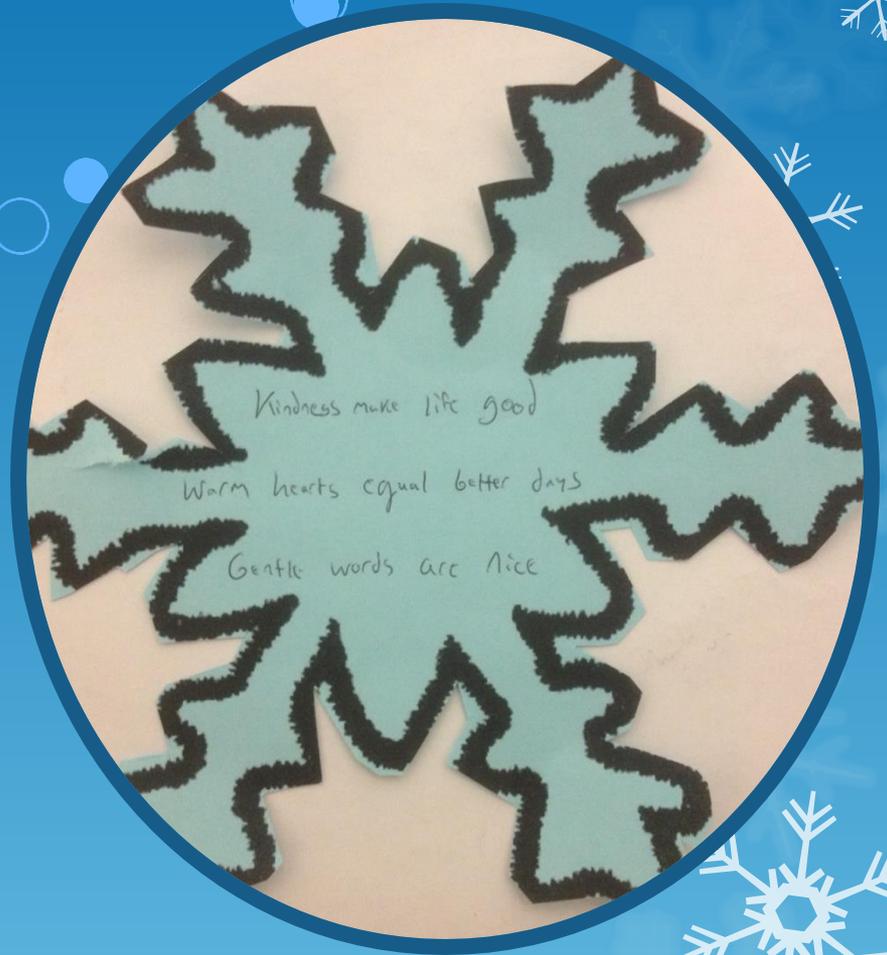
- ***Don't be an audience-*** You choose what you listen to!
- ***Be a peacemaker-*** Encourage kind words instead of mean ones.
- ***Respect privacy-*** If you hear something that does not mean you have to spread it.

HAIKU SNOWFLAKES

- **Art Project Time:** We are going to write Haiku (a traditional Japanese poem).
- **Haikus have 3 lines.** The first line has 5 syllables, the second line 7 syllables and the third 5 syllables.
- **Your Haiku should be about kindness!**
- **Write your rough draft on your paper.**

Haiku

**Kindness makes life good
Warm hearts equal better days
Gentle words are kind**



Works Cited

- **Difference Between Gossip vs Rumor**
<http://www.differencebetween.net/miscellaneous/difference-between-gossip-and-rumor/>
- **It's My Life . Friends . Gossip And Rumors . Did You Hear? | PBS Kids GO!**
<http://pbskids.org/itsmylife/friends/rumors/index.html>