

**Chapter 1 : Be The Light: Of Coffee, Kindness, And Connection – THE SPECTACLED BEAN**

*With the help of two non-profit kindness organizations, I was able to spend my summer creating goodie bags. Each bag consisted of candy, a pencil, a pack of gum, a motivational quote, and a kindness card.*

Starting ThrivePS was a fight that required working around the disapproval of the San Diego school board and requisitioning space from a local district school. The charter elementary school currently occupies a handful of compact, semi-permanent buildings and a blacktop in a hilly stretch of the City Heights neighborhood. Its electronic gate is still pretty new; when Juanita Street first welcomed students in the fall of , it was short of a few amenities that families typically look for, like play structures and a performance space. Almost two years later, the campus resembles a forward operating base more than a traditional school. But if the raw materials look like they were just dropped off an IKEA truck, the educational vision behind them is deliberate and assured. The purple modular classrooms that roughly kids filter into each morning are festooned with student artwork and pictures of world leaders like Gandhi and Barack Obama. The ad hoc look at Juanita Street reflects the dizzying growth of an organization still in its gestational phase. Thrive opened its first campus about a mile north in , serving an initial class of . At the center of all this frenzied activity stands Thrive founder and CEO Nicole Assisi, a career educator who has worked in the San Diego Unified School District and helped found two other charter schools. Olivia, 8, and Russell, 10, are both finishing up their first year in Core 3, a combined track of third and fourth grades. Along with math and literacy, Thrive students focus on project-based learning. Each class takes roughly eight weeks, three times over the school year, to develop a project they complete together. The stage outside was one such project, created with the help of staff and a few parents. Emmeline Zhao The Light of Kindness merges community service with a rudimentary form of electrical engineering. The process was, as they say in northern California, iterative: The kids first brainstormed how to get started, then completed a few drafts in successive schooldays, tinkering with new approaches, before revealing the finished product. But they saved the best step for last: Emmeline Zhao The project-based approach is meant to inculcate in students not only a sense of achievement but also ownership over their education. Russell, vastly more articulate than a fourth-grader has any right to be, confidently predicts that the act of completing and presenting his work has prepared him for life beyond school. Parents come up and you have to explain your project. Olivia, nearing the end of third grade, moved to Thrive partly because she was struggling academically in her old school. Today, she raves about the help she gets from her math teacher, Mr. Tong, and the small-group interaction that is a feature of the network. Like all new students, Olivia received a personalized learning plan – like the Individual Education Programs for special education students but designed to account for her learning strengths and weaknesses. Teachers and students craft them together, incorporating both personal goals and a road map to achieve them. As the year progresses, the school integrates new academic data into the plans, adjusting assignments and classroom groupings accordingly. Here, we work in groups, and our teacher helps us with math. We get to communicate with different people. Her sense of accomplishment is backed up by hard evidence. In fall, winter, and spring, Thrive students are evaluated using the Measures of Academic Progress MAP test, a widely used computer-based test developed by the Northwest Evaluation Association. Though Thrive has only conducted MAP evaluations over its first four years, early returns have been impressive. In six out of 10 grade levels , Thrive students are meeting or beating national targets for growth in math. They score in the top 1 percent nationally for reading growth. No charter school founder can bank on that degree of immediate impact. That was shocking to me. Citing a purported saturation of charter schools in San Diego, three members of the five-member board voted against authorizing Thrive. After months of wrangling, their charter was at last greenlit , giving them just a few months to get underway before opening their doors in the fall. Unsurprisingly, the rapid expansion has produced a response: Last year, state Sen. Tony Mendoza sponsored SB , a bill to give local school boards ultimate authority over approving new charters, ending the process by which founders can appeal to county or state officials. To spread from one campus to three, Assisi took advantage of Proposition 39, a state law that compels school districts to give space to charters within available buildings. That tactic has become common

in California — roughly one-third of L. The Juanita Hills campus is co-located with Carver Elementary, a pre-K-5 school that enrolls much higher proportions of disadvantaged students and English learners than Thrive. The two facilities share the same lot, but a long blue line has been painted down the center to separate them. Thrive was created to be not only innovative in its approach but also diverse in its student population. To a surprising degree, it has succeeded. Roughly half of its students are eligible for free or reduced-price lunch, and over 40 percent are Hispanic. While students with IEPs have access to individual staff members trained to work with them, 99 percent spend at least four-fifths of the day in general education alongside typical students. That drive toward personal outreach and collective responsibility is evident in another Core 3 classroom, where students are preparing for their student-led conferences at the end of the week. Instead of a typical parent-teacher check-in where adults guide the proceedings, Thrive encourages students to take the initiative by devising somewhat elaborate presentations on their progress at school. He stops at a cluster of desks where his friend Max, 10, is sitting, busily charting his progress in literacy, math, and project-based learning. Emmeline Zhao Their classmate Kingston, 8, is seated nearby, lagging a bit. Russell raises a pre-adolescent eyebrow. On the wall, next to a huge collection of paraphernalia from California universities like Stanford and USC, they had hung meticulously rendered pictures of their icebergs. Above the surface of the water were their notions of how others perceived them: Friendly, hyper, moody, mean. Beneath the surface were their identities as they understood them. With evident pride, Kingston pulls his picture from the wall and shows it to the others. Finally he recites from a scrawled passage near the bottom of the picture: Never give up for one big or little thing. And we all grow!

### Chapter 2 : the light of human kindness | Kindnessgirl

*Kindness now shines through each of us out into the world so all may see the LIGHT OF KINDNESS. Robert Brzezinski blog.quintoapp.comP. The Spiritual Evolutionist is a Professional Practitioner of Religious Science.*

It can bring a smile to your face, save your life and even make the world a better placeâ€”just from being used. It can impact the human race more than the creation of the wheel, calculator and smartphone combined. With this tool we can do boundless things. We hold this great gift, this tool, in our hands every day. At first people were suspicious, wondering what we were up to. Were we selling something? What was our motive? We saw tears come to their eyes. Some people told us all about the struggles they were going through, and some even sang and danced with joy as we walked away. This kindness sharing became our new favorite activity. We started to do random acts of kindness every time we were together. We were two young girls on a mission to bring the power of kindness back into our city. With such simple uses of our new favorite tool, we were successful. People should be excited about kindness. We have a gift that multiplies every time we give it away! Kindness is a reason to celebrate. It is something that should be given freely and without reserve. Even the coldest of people are likely to become warm as sunlight when exposed to a little bit of genuine kindness. Sprinkle it on every person you meet, everywhere you go, in a joyful and victorious manner. With all the chaos in the world today, this is an easy thing to do that can revolutionize how we treat each other. It starts with you. October is National Bullying Prevention and Awareness Month, and the Center is focused on raising awareness about bullying and the wide-ranging impact the issue has in connection to school safety. We want our schools to be safe havens that encourage learning. I know one way to ensure they are safe and free from fear is to promote kindness in our lives, in our schools and most importantlyâ€”in our own hearts. Student School Safety Coord. Center for Safer Schools.

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Related Media Introduction The text 1 Cor. These are two aspects or elements of love that are presented in explanation of what love is cf. Then comes a list of eight things that love is not 4b-6a. Of course, from what love is not we learn what it is by implication to its opposite. And from what love is, we can infer nuances of what it is not. Paul shows us this interplay between the negative and the positive in verse 6 where he begins with the negative and then moves to the positive showing the implication of the positive that is contained in the negative statement. The list and the way it is set up show the fullness of the subject under discussion. He is squeezing volumes into a few paragraphs four to be exact. Such fullness justifies the effort to understand a specific virtue in light of the entire Bible, and by thinking carefully and logically. Thus, two important things need to be kept in mind as we work our way through this famous love chapter. Each element of love is a distinct reflection of the love diamond. They overlap with one another and they imply one another. One reflection of the diamond implies the reality of other reflections and it implies the diamond as a whole. Therefore, we have two overall goals. We want to find a good definition of each love fruit. Such defining should reveal as much as possible the distinctiveness of each grace. And at the same time, we want to see how the graces overlap and imply one another. Otherwise, we will fail to see the richness and fullness of each grace. These goals are important because this richness and fullness for learning and living is what true disciples seek. Remember, if you understand all mysteries and all knowledge but have not love then you are nothing v. Without love, communication is ultimately meaningless a noisy gong or a clanging cymbal, v. If we put these words together literally we can come up with a title for the message: I have two main points: An Explanation of loving-kindness So what is kindness? As a love fruit, what is the nature of loving-kindness? Three words will cue our answer: A comparison of kindness with patience as love fruits When we unpack patience toward sinners and note that it means we do not retaliate in thought, word, or deed, we discover that instead of being harsh it involves being gentle and kind. So we ask, what is the difference between kindness and patience? The answer is that patience has the context of being injured particularly in mind, it is a reaction to the sins of others against us. And in this context, patience shows itself in kind thoughts good will , kind words, and kind deeds despite the fact that someone has hurt us deeply. Kindness here is being viewed from the perspective of patience in the face of injury. Here kindness is the whole pie and one slice of the pie is kindness in relation to those who afflict us. To say it is the whole pie is to say that it is the subject now being considered. To switch analogies, this means that we are looking at love as a diamond again and we are now looking at the kindness reflection. If we look deep into the diamond from this angle we will see that it includes a response to the sins of others around us and against us. If you look into the diamond, into the patience reflection you see kindness in there. If you look into the kindness reflection you see patience in there. But they are different reflections or sides of the diamond each with its own hues and accents. Definition Kindness can be described by explaining its core, its independence, its universality, its comprehensiveness and its spirituality. At its core, kindness is doing good to others. It is doing good to others from the heart from a heart of good will ; it means to do good to others in thought, word, and deed. This is the core or center of loving-kindness. Kindness has an interesting independent quality about it. It means to do good to others in a way not dependent on their character, conduct, or responses to you. Its universality simply means that no one is excluded in principle. We are to extend loving-kindness to all that come across our path in need. That is the neighbor as defined by Jesus in the parable of the Good Samaritan. The comprehensiveness of kindness refers to the fact that love seeks to do physical, temporal, emotional, and eternal good to others. By this fruit, we do what we can to promote their physical and emotional well being, their wealth, and the safety of their entire selves before God in the final judgment. That is, we should not think that the physical needs of the body are the exclusive responsibilities of the medical doctor and the emotional needs of man are the exclusive responsibilities of the head doctor. It is not a Christian way of thinking. My point is that spiritual laws,

principles, and graces apply to our physical, temporal, emotional, and eternal needs. It is not that the former means that a person is non-spiritual or secular and the latter means that he is spiritual or sacred. All of the areas of human need have a spiritual dimension. If we are kind, we will promote the good of others in any way that we can, whether inward or outward, temporal or eternal as the Holy Spirit enables us through His words in Scripture. For example, it is not the job of the church to have wealth and prosperity seminars. But Christians should be alert to opportunities to help others with work by recommending to a job. It is a marvelous opportunity if one has a business and can put others to work. This issue of a weekly paycheck is a spiritual matter as an outflow of obedience to the Lord Jesus Christ. In this light a great quote from Edwards is made even greater. He stated that to be instruments of spiritual good is to do to others greater good than if we had given them the riches of the universe. Charity, Of course, this does not exclude giving of our material possessions; it simply puts it into perspective as a sacred duty. Pattern If I asked you the following question, how would you reply? Loving-kindness has what pattern? If it follows a pattern, then what might that pattern be? Reach as high as you can to answer this question. Once you do, I think we will have the same answer. Speaking to unbelievers Paul says that God gives rain and crops in their seasons to give man the enjoyable things of life. Acts His outstretched hands, Rom. This is part and parcel of His call to sinners to seek Him and live. There is loving-kindness that is common to all. His kindness is our pattern and it has independence in that it does not rest on the character, conduct, or responses of others as is clear in the therefore you of verse Paul tells us to consider His kindness and His severity, kindness to you and severity to others Rom. Therefore we have to balance the fact of His common goodness with His special goodness to His covenant people. God is great in kindness that is public and protective Ps. His bounty is abundant Ps. But we must not miss two things. His loving-kindness appeared in the Savior and when it did, He saved us Titus 3: Thus, it is not based on our character, conduct, or response to God. We love Him because He first loved us 1 Jn. His goodness to us generated our response and cannot be based on it in any way. We follow the pattern He sets when we do good to all men, especially to those of the household of faith and when we seek their good despite their character, conduct, and responses to us. An exhortation to loving-kindness Let me exhort you to show kindness to all men everywhere seeking their physical, emotional, temporal, and eternal good. In a word, my exhortation is, Go about doing good as Jesus did and thus follow in His steps. Do so after God according to the pattern He has laid out in front of us. Note the exhortation in Titus 3 to every good work in speech, demeanor, and common courtesy that is based on the fact that we ourselves were once foolish. But when Christ appeared He saved us by doing good to us that we do not deserve work of the Spirit, justification, entitlement, and hope, Titus 3: Because He has been good to you, go and do good to others. Bring some of His heaven to this earth. Thus imitate God, as dearly loved children live a life of love as Christ loved Eph. What a packed statement! Show you are children by doing good to others whatever posture they may take toward you. Do good to those who persecute you. Pray for them who spitefully use you. Do good to the thankful, the unthankful, the good, the evil whether directed toward you or not, the friend, and the enemy. All of these things are in Luke 6: What credit do you have if you do good to those who are good to you? Doing good to the enemy leads to great reward and then, Jesus says, you are sons. Namely, you demonstrate sonship and daughtership to God because He is kind to the ungrateful and the wicked.

**Chapter 4 : BIBLE VERSES ABOUT ACTS OF KINDNESS**

*The lights are on!!!! The conductivity lights are colors and the kindness lights are the individual white lights. The more acts of kindness entered on the site, the more white lights!*

Written by Laura Denise I woke this morning thinking about the unkindness towards one another as peers that was evident in one of my high school senior class periods. I am adamant and persistent and rather strict about one of my few classroom rules: We discuss at the beginning of the school year what this does and does not look like. It is not sunshine and lollipops. Offenders are immediately ejected from my room and wait in the hallway for me to have a word with them before documenting and reflecting on their behavior in writing. In the class period I woke thinking about, we had a time-out discussion about this as a class because the climate has been gradually, unpleasantly shifting to unkindness. Some of their defenses were that it is human nature and that is the reality of the world out there, so they are just preparing each other. Or shame on us? Today, we will stop academics altogether and explore this more in a silent, individual reflective writing prompt a mandated English Language Arts Common Core standard technically. Because those reasons are not good enough to me. They know I expect more from them, individually and collectively, than that, that they cannot use that as an excuse. Better than the bad examples our media highlights for them. Which makes me return to thinking about where are those love and kindness stories? Perhaps, yes! this will be an extended assignment. Find and share a positive humanity story! Yes, it seems mean-acting people, bullying, even the same cliques in our schools and society is universal and timeless. But there have also been kind-acting people, heroes, and cross-clique unity. It is my belief that ignorance is taught. Can compassion and empathy be taught? The latter is my nature. What baffles me most is no one likes to be hurt, to be made fun of, be misunderstood, be treated cruelly, unfairly. So why, why, why do we do it to others? I believe I can make a difference. I believe you can make a difference. I believe in you. I believe in us. I believe in humanity. Nothing raises my reverence in the character of individuals more than witnessing them displaying organic, genuine, random, discreet acts of kindness. The kind that occurs even, especially, when no one is looking. And I respect you immensely. To the point of hidden, held-back tears. You restore my faith.

**Chapter 5 : Christian Kindness | Dominicana**

*Something Kind workshop at Leighterton Primary School, Gloucestershire What is Something Kind? Underpinned by a focus on emotional health & wellbeing, the programme seeks to raise confidence.*

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conferences at the end of the week. Instead of a typical parent-teacher check-in where adults guide the proceedings, Thrive encourages students to take the initiative by devising somewhat elaborate presentations on their progress at school. He stops at a cluster of desks where his friend Max, 10, is sitting, busily charting his progress in literacy, math, and project-based learning. Their classmate Kingston, 8, is seated nearby, lagging a bit. Russell raises a pre-adolescent eyebrow. On the wall, next to a huge collection of paraphernalia from California universities like Stanford and USC, they had hung meticulously rendered pictures of their icebergs. Above the surface of the water were their notions of how others perceived them: Friendly, hyper, moody, mean. Beneath the surface were their identities as they understood them. With evident pride, Kingston pulls his picture from the wall and shows it to the others. Finally, he recites from a scrawled passage near the bottom of the picture: Never give up for one big or little thing. And we all grow!

### Chapter 6 : Random Acts of Kindness | Kindness Story | Closer to the Light

*The Light in 9/ Shocked by Kindness, Healed by Love is the story of her inspiring journey that came from having an open mind, perseverance, and a different perspective. What she discovered is how the power of kindness can make the world a better place.*

Kindness Quotes When words are both true and kind, they can change the world. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness. Be kind and do good for any one and that will be reflected. Insights and Inspirations Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. Basil Three things in human life are important: Milne We live in everyone. I live in you. You live in me. There is no gap, no distance. Every act creates a ripple with no logical end. We are made kind by being kind. Our glory lies in understanding, listening and honoring that music. I believe a bit of the reason is to throw little torches out to lead people through the dark. It is something that only we human beings can develop. And if we have a good heart, a warm heart, warm feelings, we will be happy and satisfied ourselves, and our friends will experience a friendly and peaceful atmosphere as well. This can be experienced community to community, country to country, continent to continent. Indeed, it is the only thing that ever has. They always make a difference. Extend to them all the care, kindness and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again. Kindness in thinking creates profoundness. Kindness in giving creates love. A generous heart, kind speech, and a life of service and compassion are the things which renew humanity. Money is not enough, money can be got, but they need your hearts to love them. So, spread your love everywhere you go. They soothe and quiet and comfort the hearer. They shame him out of his sour, morose, unkind feelings. We have not yet begun to use kind words in such abundance as they ought to be used. This is to have succeeded. I feel compassion can help us overcome these disturbances and let us return to a calm state of mind. Compassion is not just being kind to your friend. That involves attachment because it is based on expectation. If you want to be happy, practice compassion. Southard The key to genuine happiness is in our hands. To think this way is to discover the essential values of kindness, brotherly love and altruism. The more clearly we see the benefits of these values, the more we will seek to reject anything that opposes them; in this way we will be able to bring about inner transformation. Do more than care: Do more than believe: Do more than be fair: Do more than forgive: Do more than dream: But in the final recollection, if the essence of my being has caused a smile to have appeared upon your face or a touch of joy within your heartâ€”then in livingâ€”I have made my mark. Those who bring sunshine to the lives of others cannot keep it from themselves.

### Chapter 7 : Random Acts of Kindness | Kindness Ideas

*Shine the Light of Kindness Everywhere You Go October 21, We the people, the citizens of the great state of North Carolina, have access to a sacred tool.*

### Chapter 8 : A Light In The Darkness: Kindness

*Kindness Quotes. When words are both true and kind, they can change the world. ~ Buddha. The best portion of a good man's life is his little, nameless, unremembered acts of kindness and of love. ~ William Wordsworth.*

### Chapter 9 : The Light of Human Kindness | Work | Martin Agency

*Written by Betty Weaver. I have this little quirk about needing to get errands done early each Saturday. My routine: post office, fill the car with gas, go to the grocery store and hurry home to take care of the chores awaiting me there.*