

WELCOME TO 2024 LEADERSHIP CONVENTION

Session will begin soon



A graphic of the state of Utah with a white outline. Inside the outline, the words 'DEVELOP', 'ADVOCATE', and 'ENGAGE' are written in large, blue, distressed-style capital letters, stacked vertically. A vertical dark green bar runs through the center of the state, containing the word 'UTAH' in white, distressed-style capital letters.

DEVELOP
ADVOCATE
ENGAGE

UTAH

Develop programs, resources, and leadership skills that enhance the lives of all children, youth, and their families.

Advocate by speaking on behalf of all children and youth in schools, in the community, before governmental bodies, and before other organizations that make decisions affecting children.

Engage the public in united and equitable efforts to secure the physical, mental, emotional, spiritual, and social well-being of all children and youth.



The Power of Kindness:

Benefits and Strategies for Kindness in Education



“Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind.”

Henry James

one kind
act a day.

“It is a bit embarrassing to have been concerned with the human problem all one's life and find at the end that one has no more to offer by way of advice than 'Try to be a little kinder.’”

Aldous Huxley







ThePowerOfKind.org



Take the Pledge



One Kind
Act a Day

Kindness Quote:

“The simplest acts of kindness are by far more powerful
then a thousand heads bowing in prayer.”
- Mahatma Gandhi

Kindness Idea:

Start the New Year by clearing out your closet and seeing
what you can donate.

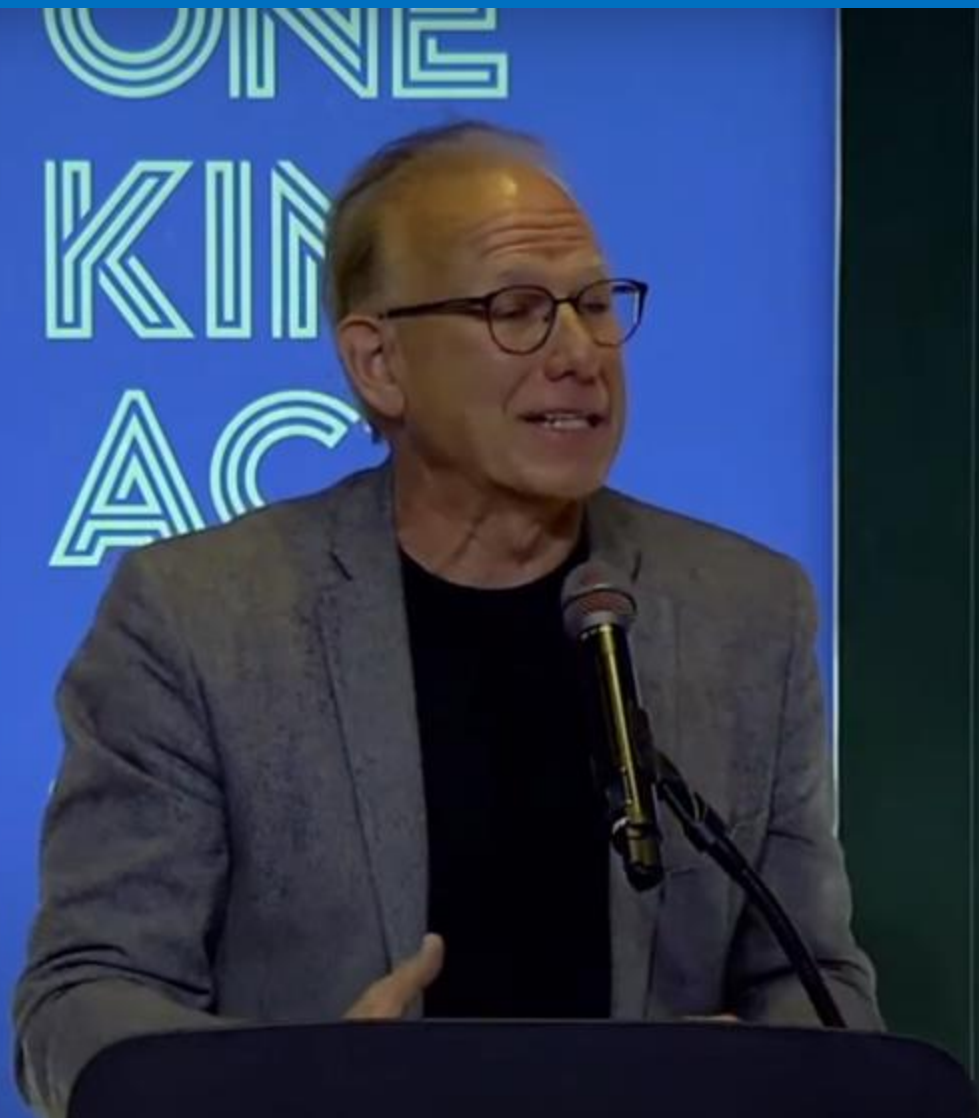


A project by

Semnani

Family Foundation





Benefits of Kindness

- Good for your body
 - Cardiovascular health
 - Less focus on chronic pain
 - Increased energy
 - Win a beauty contest???
- Good for your mind
 - Lowers stress hormones
 - Increases positive neurotransmitters



Benefits of Kindness

- Improves social well being
 - Increasing one's sense of belonging. This is important for schools
 - Increases and improves relationships





ThePowerOfKind.org

Cognitive Behavioral Therapy

(CBT)

Social Activities



- **Increased social connection**
- **Reduced distress**
- **Increased life satisfaction**



Kindness





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Kindness





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Kindness



“Kindness is the most effective way to improve your well-being and the well-being of another person at the same time.”

Dr. Pressman

Benefits of Kindness

ONE KIND ACT A DAY



Bountiful Elementary

“Educating the mind without educating the heart is no education at all.”

-Aristotle

Benefits of Kindness

- Improved school culture
 - Monticello Academy
- More prosocial behaviors
- Reduction in bullying
 - Students and staff





How to Implement Kindness in a School?

Things to remember:

- It isn't hard



How to Implement Kindness in a School?

Things to remember:

- It isn't hard
- It starts with YOU



How to Implement Kindness in a School?

Things to remember:

- It isn't hard
- It starts with YOU
- It doesn't have to be complicated



Ways to Implement

- Start making a change yourself
- Engage existing programs
 - One Kind Act a Day, HOPE Squads, Random Acts of Kindness, Stand4Kind
- Every place is different, every initiative will look different.



HOPE
S Q U A D



Ways to Implement

- T-shirts for staff as reminders
- Assemblies and speakers
- Essay and poster contests
- Service projects
- Book reviews (check us out on Goodreads for book recommendations for all ages)



Ways to Implement

- Pledging to be kind
 - Posters for <13
 - Our Kindness Pledge for 13+



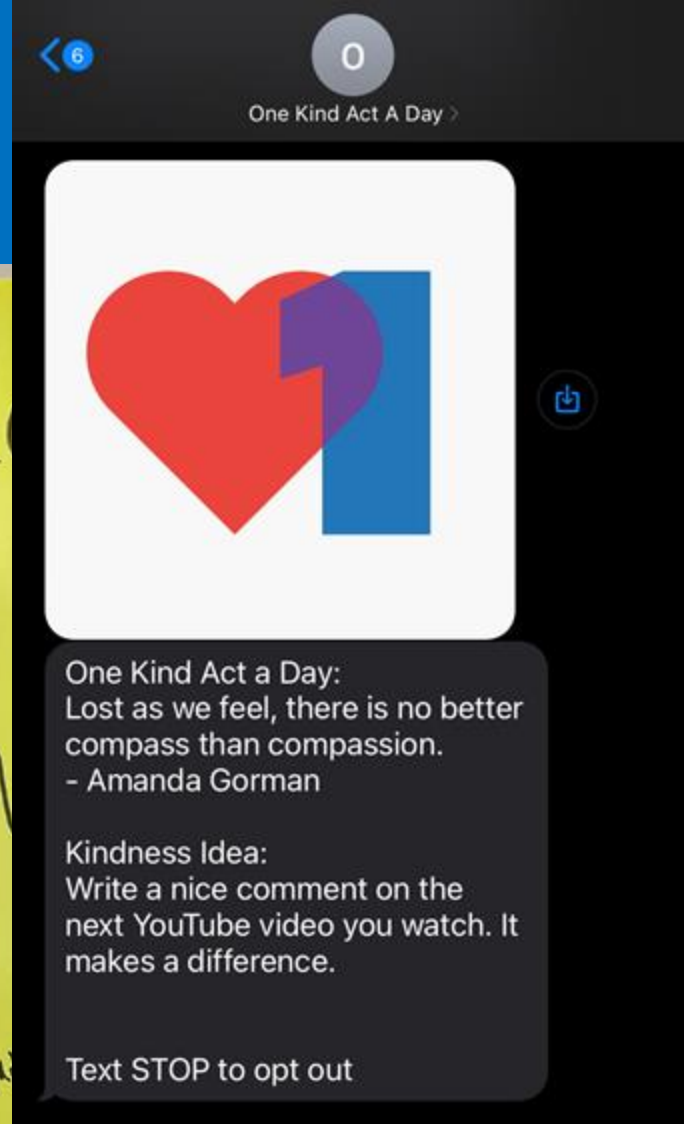
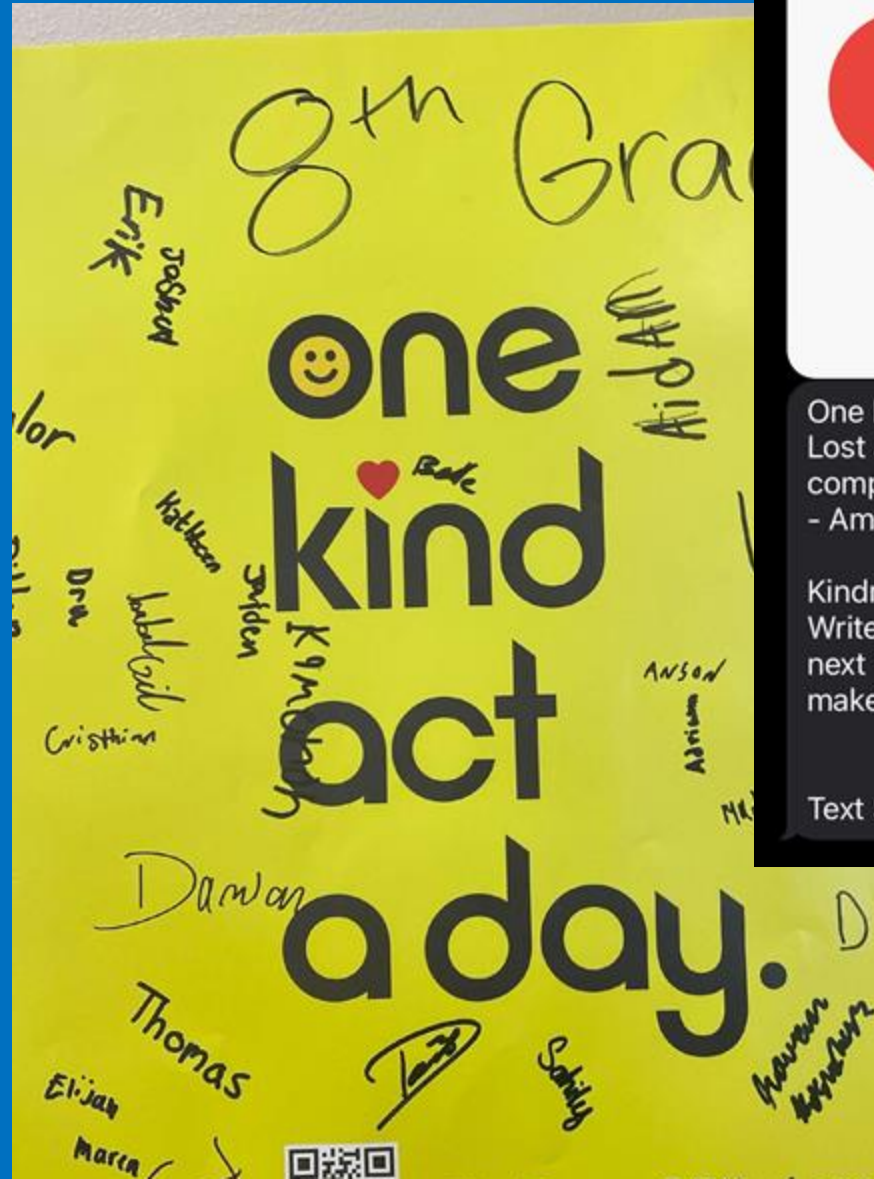
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One Kind Act A Day

One Kind Act a Day:
Lost as we feel, there is no better compass than compassion.
- Amanda Gorman

Kindness Idea:
Write a nice comment on the next YouTube video you watch. It makes a difference.

Text STOP to opt out



Utah PTA
LEADERSHIP CONVENTION
2024

Ways to Implement

- Counting the cumulative effect
- Involving the parents
- Set goals, try for a Certified School of Kindness
- Call out and promote positive behaviors
- Use Student Leadership



“I have wept in the night
At my shortness of sight
That to others' needs made me blind,
But I never have yet
Had a twinge of regret
For being a little too kind.”

C.R. Gibson

Join our Community of Kindness



Take the Pledge



CONNECT WITH US ON SOCIAL MEDIA



FACEBOOK

- Utah PTA
- Utah PTA Advocacy
- Utah PTA Super Secondary
- Utah PTA Excellent Elementary
- Utah PTA Treasurers
- Utah PTA Reflections
- Utah School Community Councils
- Real Men of Utah PTA

CONNECT WITH US ON SOCIAL MEDIA



INSTAGRAM - @UtahPTA



X - @UtahPTAOneVoice



PINTEREST - Utah PTA



YOUTUBE - Utah PTA One Voice

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