

# RITE NOW @ ROP



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## Make Kindness the Norm

At ROP, we all understand the role of norms in supporting an orderly environment where our students can strengthen the skills that promote success in our programs and prepare them for productive and happy adult lives. The Uta Halee Kindness Club is working to make kindness the norm. “No act of kindness, however small, is ever wasted.” - Aesop

Kindness is a choice. Every moment we have a choice in how we react to people and situations. The more a person intentionally practices kindness the more it becomes a habit, a positive norm. The Uta Halee Kindness Club gives students practice and opportunities to experience how good it feels to be kind. The acts of kindness may be small - an encouraging note left on a windshield, a positive bookmark left in a random book, a flower to plant, a warm chocolate chip cookie - but the impact is great. It is the classic pebble in the pond. One small act of kindness can result in a ripple of kindness that continues to spread.

Kindness is particularly powerful in days of increased stress. As we all continue to navigate COVID-19 safety protocols and the changes that a pandemic brings, kindness connects us to each other and reminds us that there are always choices we can make to spread joy.

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