

**Certificate of Kindness Nomination**

(name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

is hereby recognised for carrying out the following:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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This act has helped to make our school a kinder and better place to learn and grow.

Observed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Rossmoyne Kindness Day is Wednesday 19th November**



Between now and next Wednesday, you can use this form to nominate a person who has demonstrated themselves to be kind.

Kindness to others can include some of the following:

* Smiling/say hello/nodding/waving to someone
* Listening attentively when someone is talking
* Supporting someone by cheering them up, listening to their problem, etc
* Telling someone how much they mean to you
* Phoning or sending a card/letter to someone
* Complimenting someone about their smile, their attitude, something they'd done well, etc
* Thanking everyone who did something for you, no matter how small it was
* Refraining from negative judgements and gossiping, showing empathy to others and understanding that sometimes people just need to know that someone cares about them

Instructions: Write the first name, surname and year of the person you wish to nominate for recongition of their acts of kindness.

Place this form along with your name into the Kindness Day Box in Student Services. On Rossmoyne Kindness Day, the person you nominated has a chance of receiving a gift.