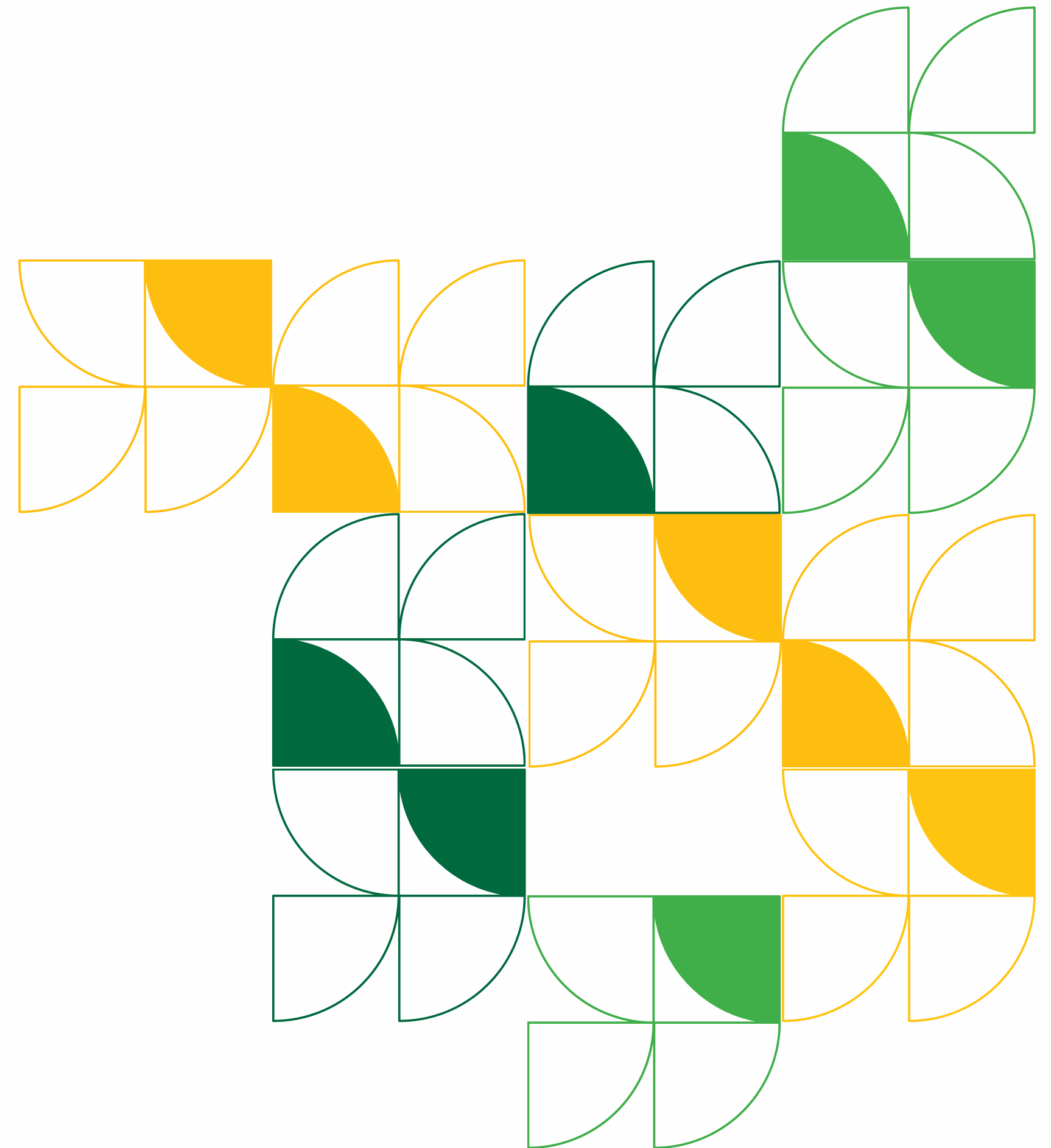




# COMMUNITY TOOLKIT



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# ABOUT

Kind30 is an initiative that asks participants to engage with 30 intentional acts of kindness and reflect on what it made possible or what giving or receiving the kindness meant to you. It has no political or religious affiliation. Dartmouth is one of the first higher education institutions in the country to run it.

This spring, Dartmouth Health and Wellness is inviting the entire Dartmouth community to participate in Kind30. Students, staff, and faculty are all invited to participate and create the conditions for kindness to happen more naturally across our campus.

This toolkit is a resource for the Dartmouth community to use to learn how to get involved in this initiative, either individually or in a group setting.

# Getting Started

## Individual Toolkit

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Participating in Kind30 is simple. Here's how:



Sign-up QR code

1. **Sign up** wherever you see Kind30 - at an event, tabling table, or via the QR code. Signing up opts you into Kind30 communications from Dartmouth Health & Wellness where you'll get reminders, ideas, and a collection of community reflections as the campaign unfolds.
2. **Pick up your Kind30 wristband** after you sign up. Wear it to signify your participation in creating a culture of kindness at Dartmouth
3. **Aim to do 30 intentional acts of kindness** that's deliberate, even if small. Use the daily ideas in this toolkit or come up with your own.
4. **After each act, take two minutes to reflect** and share via the QR code. Every reflection enters you into a weekly raffle for local gift cards. If you submit 4 reflections and complete a closing survey by June 1st, you'll earn a Kind30 tote bag or cinch backpack at the end of the campaign.
5. **Keep going** until you reach 30 acts of kindness. You can join or re-engage at any point during the campaign.
6. **Email Dartmouth Health and Wellness** at [health.and.wellness@dartmouth.edu](mailto:health.and.wellness@dartmouth.edu) if you have any questions, or if you need materials to host a Kind30 sign-up location or event. You can also find more information here: <https://mentalhealth.dartmouth.edu/strategic-plan/creating-culture-kindness>.



# Daily Ideas for 30 Acts of Kindness for Students

## Individual Toolkit

Below are 30 ideas for creating the conditions for kindness. Treat this as a menu, not a mandate. You should swap freely, do your own thing, or use it as a spark when you're not sure where to start.

Week	Mon	Tue	Wed	Thu	Fri	Sat / Sun
<b>Week 1</b>	Leave an encouraging note for a peer, roommate or hallmate	Buy a coffee for the person behind you in line	Text a friend you haven't spoken to in a while	Thank your TA or course assistant by name	Help someone carry groceries or hold the elevator	Write a kind message and leave it somewhere someone will find it
<b>Week 2</b>	Introduce two people you think should know each other	Attend an event from a community other than your own	Tell a staff member in dining or facilities that you appreciate them	Let someone go ahead of you in line	Check in on a classmate who seems stressed	Do something for your future self – prep, rest, or tidy your space
<b>Week 3</b>	Write a thank-you note to a professor or advisor	Pick up litter on your walk to class	Share a resource that helped you with someone who might need it	Sit with someone eating alone	Ask someone how they're really doing – and listen	Give a genuine compliment to someone you don't know well
<b>Week 4</b>	Volunteer an hour with a campus or community organization	Make or buy something for your floor or team	Send an encouraging message before someone's exam or presentation	Thank someone who has supported you this term	Leave a book or resource somewhere it can be found and used	Do one act of self-kindness – whatever that means to you today
<b>Week 5</b>	Celebrate someone else's success publicly	Start a conversation with someone new in your class or club	Write a positive review or shoutout for a Dartmouth student business or event	Do a spontaneous act of service – no planning, just respond to a need you see	Reflect on 30 days: what kindness meant to you this month	Share your Kind30 reflection with the community via the QR code



# Daily Ideas for 30 Acts of Kindness for Staff & Faculty

## Individual Toolkit

Below are 30 ideas for creating the conditions for kindness. Treat this as a menu, not a mandate. You should swap freely, do your own thing, or use it as a spark when you're not sure where to start.

Week	Mon	Tue	Wed	Thu	Fri	Sat / Sun
<b>Week 1</b>	Send an appreciative email to a colleague whose work you've noticed	Learn the name of someone in your building you haven't met	Bring something to share at your next meeting or in a common space	Check in on a student who seems to be struggling – one conversation	Hold the door, carry something, or offer to help without being asked	Write a note to a staff member in facilities, dining, or admin thanking them specifically
<b>Week 2</b>	Introduce two colleagues who might benefit from knowing each other	Attend a campus event outside your usual community	Acknowledge a student's non-academic effort or growth, not just their work	Create space in a meeting for a quieter voice	Share a resource, article, or opportunity with a colleague or student	Leave a shared space cleaner than you found it
<b>Week 3</b>	Write a letter of appreciation for a student's file or send to their advisor	Ask a colleague how they're really doing – and follow up	Give a student more time than required when they come to office hours	Recognize a staff member's contribution in a team meeting or email	Eat lunch somewhere different and have a conversation with someone new	Set a boundary kindly – model that self-care is part of a kind community
<b>Week 4</b>	Mentor informally – offer 30 minutes to a student or junior colleague without agenda	Nominate a colleague for a recognition or award they deserve	Share your Kind30 participation with your team and invite them to join	Do something unexpected for your office or department – a gesture, not a project	Thank someone who trained or supported you early in your career	Practice self-kindness today – take a full lunch, a walk, or a real break
<b>Week 5</b>	Celebrate a team milestone or personal win publicly, not in passing	Write a recommendation or endorsement someone hasn't asked for	Host an informal gathering – coffee, a walk, something low-key and open	Do one visible act of care for a shared campus space	Reflect on the month: what did kindness look like in your work this May?	Share your Kind30 reflection with the community via the QR code



# Reflect & Share

## Individual Toolkit

**After each act of kindness, take 2 minutes to reflect:**

1. What did you do?
2. What impact did it have on you, the person or your relationship?
3. Is there anything you'll carry forward from this experience?

Scan the QR code below to share your reflection. Responses are anonymous and may be shared in aggregate with the Dartmouth community.



[https://dartmouth.co1.qualtrics.com/jfe/form/SV\\_cCSSkZNLqRVRLYa](https://dartmouth.co1.qualtrics.com/jfe/form/SV_cCSSkZNLqRVRLYa)

# Getting Started

## Group Toolkit

Groups can get involved in Kind30 in two ways, and many will do both:

- Sponsor a Kind30 sign-up area – Set aside space in your group’s area to help individual community members sign up for Kind30, pick up a wristband, and get connected to the campaign.
- Host an internal Kind30 moment – organize an event or activity for your own members that is your group's act of kindness. This is your team's contribution to the campaign.

Email Dartmouth Health and Wellness at [health.and.wellness@dartmouth.edu](mailto:health.and.wellness@dartmouth.edu) if you have any questions, or if you need materials to host a Kind30 sign-up location or event. You can also find more information here: <https://mentalhealth.dartmouth.edu/strategic-plan/creating-culture-kindness>.



### Groups vs Individuals

Note: Kind30 doesn't prescribe what groups do. This toolkit gives you a structure and some ideas. Your group's act of kindness is a contribution to Kind30. Individuals are also encouraged to sign up personally and continue their own 30 acts throughout the campaign.

# Hosting a Kind 30 Moment Group Toolkit

## Before your event

Tell Health and Wellness you're participating. Email [health.and.wellness@dartmouth.edu](mailto:health.and.wellness@dartmouth.edu) so we can support you with materials and help count your group's contribution

Decide what you're doing and who's leading it on the day

Request wristbands if you'd like them available for members to pick up

Pick up a tabling kit and display the QR code so participants can share reflections on the spot.

## During your event

Create a sign-up moment to invite individual members to register for Kind30 personally

Frame what you're doing as part of Kind30, including a brief 60-second explanation goes a long way

Make space for reflection, even 5 minutes at the end to share what the experience meant

## After your event

Encourage members to submit their individual reflections via the QR code

Send a short group note to Health & Wellness: what you did, how many participated, and one thing that stood out

Feel free to share photos and tag @dartmouthcollege on social media



**You don't need to build something from scratch. Most Kind30 group moments attach to something you're already doing. Above is a simple checklist!**

# Reflect & Share

## Group Toolkit

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After your group's act of kindness, take a moment to capture what happened. Individual reflections are anonymous; you can also share a group note with Health and Wellness directly.

1. What did you do?
2. What impact did it have on you, the person or your relationship?
3. Is there anything you'll carry forward from this experience?



Scan the QR code or access the link below to share your reflection. Responses are anonymous and may be shared in aggregate with the Dartmouth community.

[https://dartmouth.co1.qualtrics.com/jfe/form/SV\\_cCSSkZNLqRVRLYa](https://dartmouth.co1.qualtrics.com/jfe/form/SV_cCSSkZNLqRVRLYa)

# Acts of Kindness Ideas For Student Groups

Group Type	Ideas
<b>Athletic Teams</b>	<ul style="list-style-type: none"> <li>• Dedicate a practice day to community service: pick up trash on campus, write notes to residence hall students, or help with a local organization.</li> <li>• Visit a local school or youth program for a skills clinic or mentorship visit.</li> <li>• Have each team member write a note of appreciation to a coach, trainer, manager, or teammate.</li> </ul>
<b>Student Orgs &amp; Clubs</b>	<ul style="list-style-type: none"> <li>• Host a free community meal, snack table, or coffee hour open to anyone on campus.</li> <li>• Organize a letter-writing session for students to thank faculty, staff, or community members.</li> <li>• Partner with another organization you don't usually work with for a joint act of service.</li> </ul>
<b>Greek Life</b>	<ul style="list-style-type: none"> <li>• Plan a philanthropic event that uplifts another student or community organization.</li> <li>• Adopt a campus space for the month to keep it clean, add flowers or a small gesture of welcome.</li> <li>• Partner with a House community to cook or bring food to a residence hall, graduate housing area, or campus staff.</li> </ul>
<b>Any Group</b>	<ul style="list-style-type: none"> <li>• Host a Kind30 table at an event to help run sign-ups, distribute wristbands, and share your group's participation.</li> <li>• Create a shared challenge within your group so that each member picks an act of kindness and reports back.</li> <li>• Donate time, supplies, or skills to a Dartmouth/Hanover-area community organization.</li> </ul>



These are starting points. Adapt them to your group's culture, schedule, and community!

# Acts of Kindness Ideas For Faculty & Staff Groups

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Faculty and staff groups participate by creating a Kind30 moment within their existing team or department. These are starting points. Adapt them to your group's culture, schedule, and community.

- Opt-in team challenge – Invite your team to each commit to one kind act per week. Share what people did at a standing meeting as a brief moment of reflection.
- Act of service – Coordinate one group act: a cleanup, a donation drive, or a welcome gesture for students or new colleagues.
- Gratitude practice – Dedicate five minutes of a weekly meeting to recognizing a colleague's contribution by name.
- ERN or wellness event – Use your existing network to host a Kind30 moment: a shared lunch, a discussion, or a collective act of care for a shared campus space.
- Individual participation – Share the toolkit, mention Kind30 at a team meeting, or simply model participation yourself. There is no minimum.

## Sponsoring a Kind30 Table – Student-Facing Offices

Student-facing offices are specifically asked to bring Kind 30 to the programming they already run. When students come to you, it's an opportunity to connect them to the campaign directly.

What this looks like: set up a Kind30 table at your event, have sign-up materials and wristbands available, and display the QR code so students can submit their first reflection on the spot.

To request a tabling kit and wristband supply, contact Health and Wellness at [health.and.wellness@dartmouth.edu](mailto:health.and.wellness@dartmouth.edu).



These are starting points. Adapt them to your group's culture, schedule, and community!