



CITTÀ di SAVIGLIANO  
*Consulta della Solidarietà*



**PROPOSTA80**  
cooperativa sociale



*Consorzio*  
**MONVISO**  
**SOLIDALE**

# NARRATING KINDNESS

*Composed by Dr. Luisa Colapinto*  
*Graphic design by Ivy Origlia*



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## **Introduction**

Since the beginning of this school year, the Playrooms of Savigliano and Saluzzo, along with a group of kindergarten and elementary schools, have taken part in the pilot project of the International Kindness Reset. This initiative, led by American researchers Dr. Tatyana Tsyrlina-Spady and Amy Spangler, aims to promote a kindness-centered educational protocol in approximately 50 countries worldwide.

This booklet collects stories and reflections shared by children, parents, and teachers who participated in the pilot.

I believe that kindness is the first step toward opening the heart to forgiveness and compassion and moving beyond the outdated hierarchical model of a society built on competition and individualism. Through kindness, we can lay the foundation for a new educational paradigm based on collaboration and cooperation that aspires to create a more just, peaceful, and loving world.

*As I reflect on the journey we've shared over these past months, the word that resonates most deeply in my heart is gratitude—to the children, whose purity brings joy and renews our belief in a better world; to the parents, who stepped in with openness and discovered, or rediscovered, new ways of being present with their children; and to the teachers, who—despite working within a rigid system that often overlooks individual needs—carried this project forward with unwavering dedication, planting small seeds of light along the way.*

*A heartfelt thank you to Elena, an irreplaceable colleague with whom I've shared this meaningful path, and to Ivy, who, during her training, laid out this booklet with care and precision.*

*A special thank you to Tatyana and Amy, with whom I share not only visions and dreams, but also a commitment to bringing the rigor of science into the service of education.*

*Thank you—and enjoy the reading!*

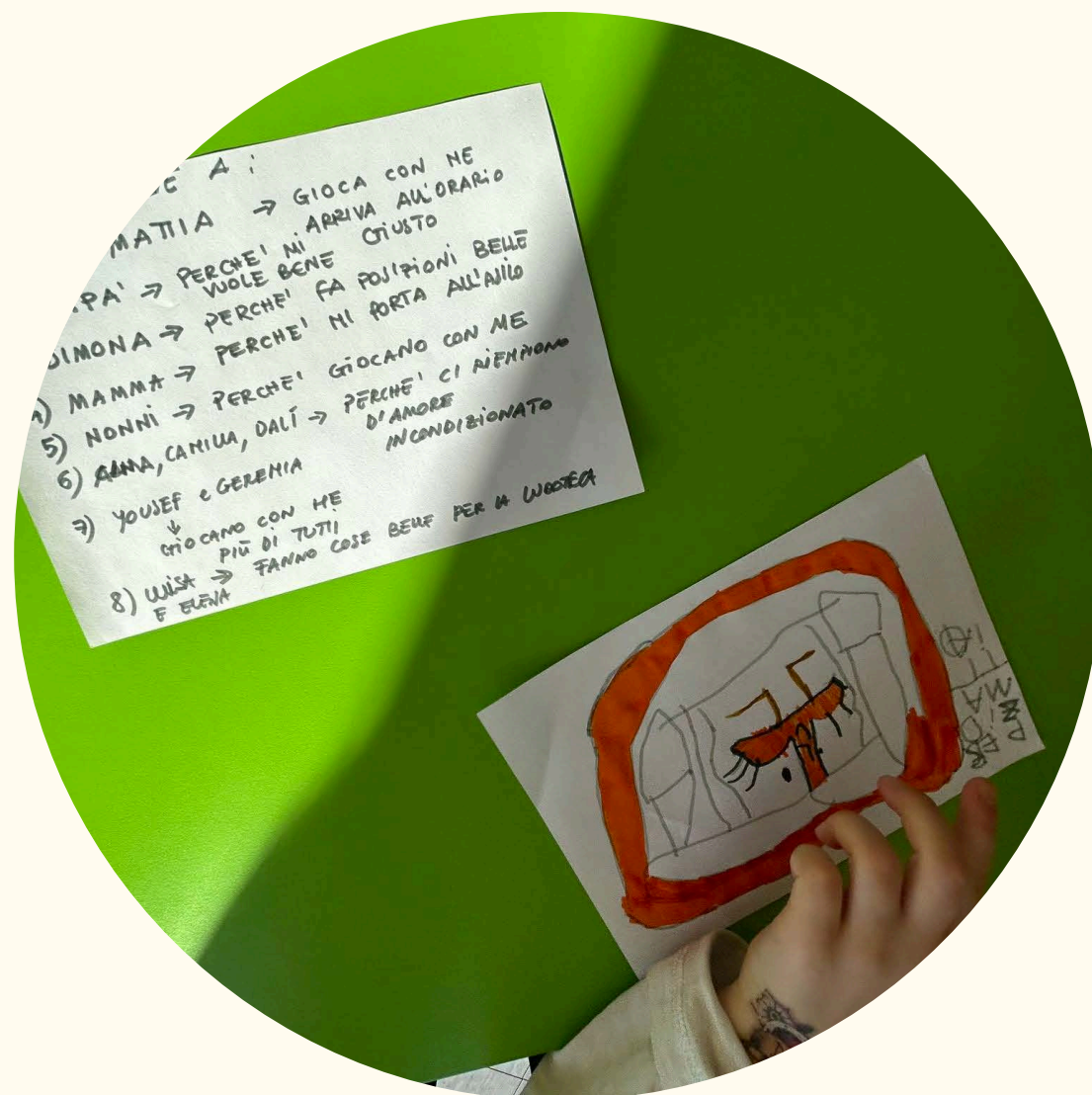
*Luisa Colapinto*

*“When Luisa proposed the workshop, I felt a strong calling. I talked about it with my 8-year-old son, and we signed up. It would be a special moment for us to cultivate positive, kind, and joyful thoughts, to be together without obligations or excuses—one hour just for us.*

*I knew that Filippo is a whirlwind, but during these sessions, I’ve had the chance to see him in his uniqueness within a “working group.” The speed with which he knows what he wants and stays focused amazes me.*

*It’s a moment that nourishes me as a mother and reminds me just how special he is.*





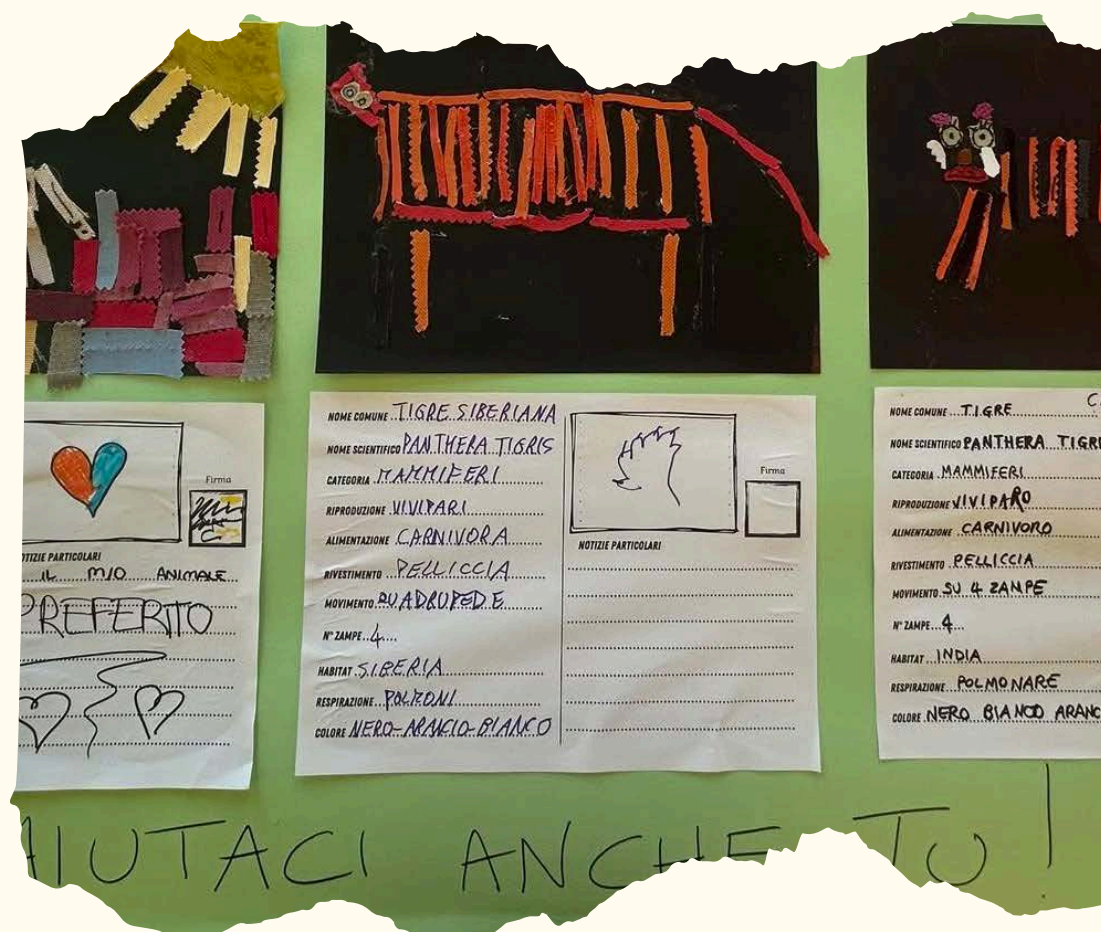
*I can see it with my own eyes, perhaps one of the few occasions, since I usually have to rely on the stories told by those who see him at school, parties, or sports activities. And last but not least, it has become a moment of connection and exchange with other moms (which is never enough!).”*

*Chiara*

“It’s important to educate for kindness, because small gestures of care and attention can truly improve family and school dynamics.

The simple, seemingly obvious activities we did together during the kindness journey strengthened the bond between Theo and me, making us more aware of certain inner and behavioral dynamics that we often overlooked, and allowing us to "adjust our aim" and try again.

Sharing the experience with other parents and children was also incredibly enriching.”



*“Educating for kindness is not always easy, as we are often influenced by unconscious patterns rooted in our complex cultural backgrounds and the traditional, knowledge-centered education we ourselves received. Yet children need compassionate, nonjudgmental support—someone who understands them, walks alongside them gently, and, above all, an educator who has learned to extend kindness and understanding to themselves first.”*





*And with small steps, even through  
these kindness education journeys,  
each of us can begin to see more  
clearly that gentle side of ourselves,  
recognize it, embrace it, and bring it  
into the world.*

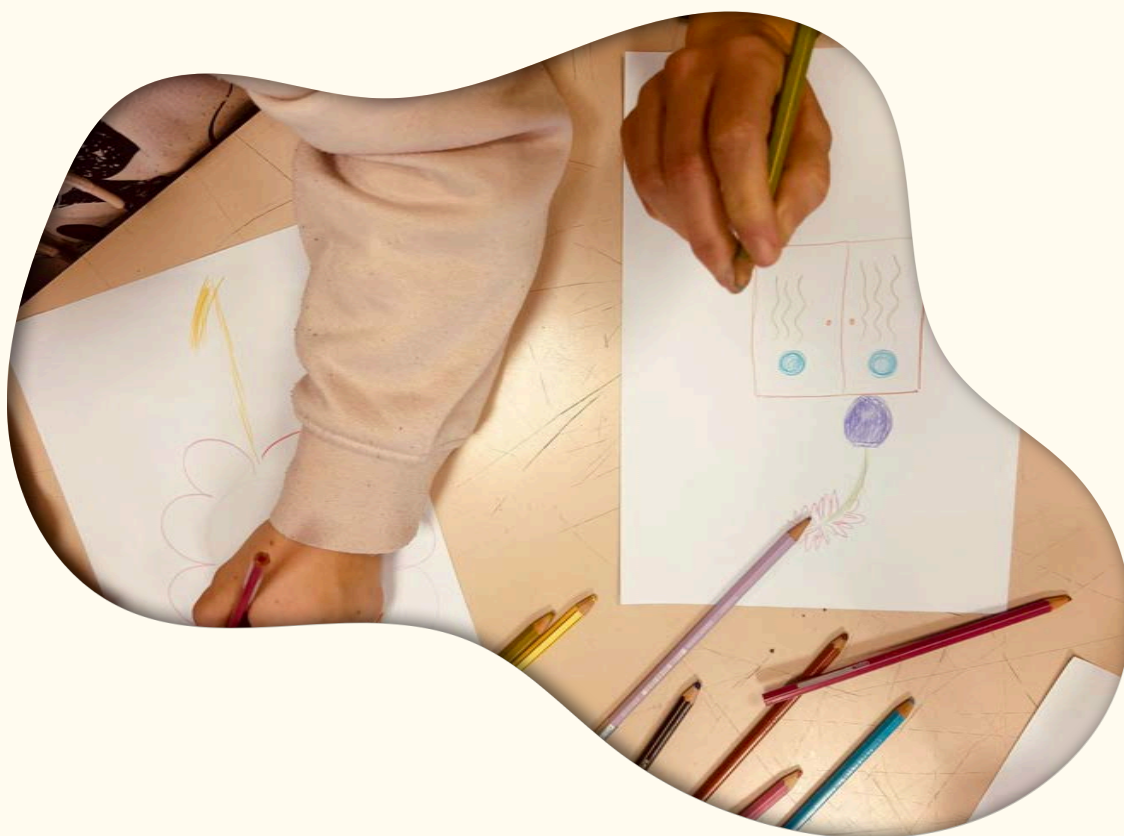
*With small steps, we can do great  
things. Thank you!”*

*Clizia*

*“Kindness education should begin as early as preschool.*

*With this belief in mind, I decided to participate in a few sessions held at a local play center. We began attending in early January, and my son Carlo has been actively engaged—perhaps even more than I have—thanks to the natural innocence that characterizes both his age and his personality.*

*I was genuinely amazed by his kindness and by how deeply he grasped the subtle themes the educators introduced through the workshops.*



*As the course progresses, I'm beginning to realize that it's not about 'teaching kindness to children,' but rather about nurturing it—because the one who had forgotten how to be kind wasn't my children, but me.*

*After all life's twists and turns, I had lost sight of the most powerful way to face adversity: with kindness.”*





*“The sessions, held at the play center, were an opportunity to spend one hour of kindness each week.*

*Perhaps a little time, but certainly a good start.”*

*Ilaria*

*“For me, kindness is a fundamental ingredient in schools and educational activities because it is one of the main keys that opens the door to listening and empathy.*

*It is important to fertilize and spread the world with small acts of kindness that can serve as a catalyst for the creation of a new humanity, which I believe everyone aspires to. Schools should be advocates and bearers of kindness.*

*Young people must know that kindness is contagious and that they can contribute to the creation of a better world through it.”*

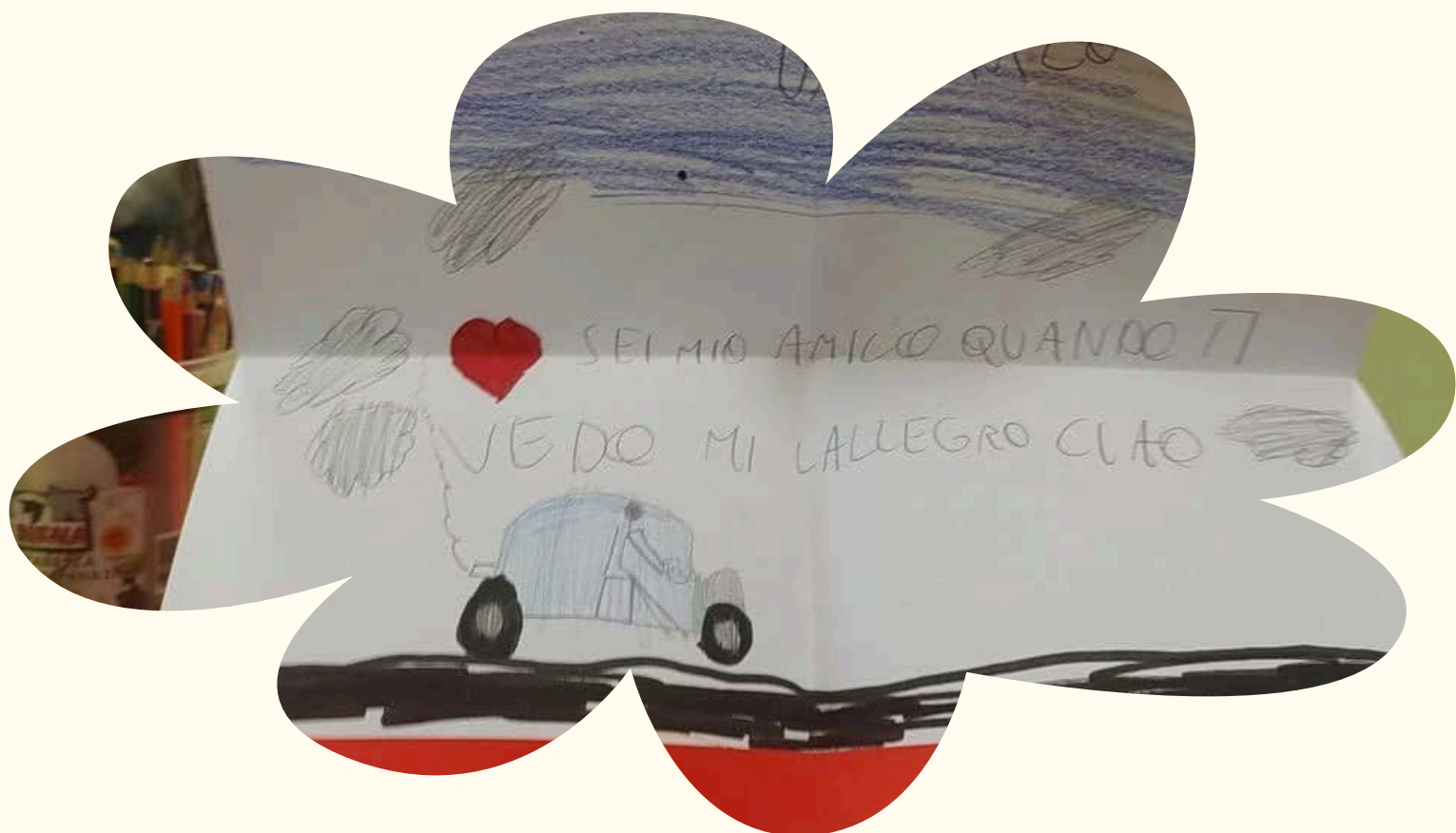
*Raffaele*





*“I decided to participate with my children in the kindness course offered by the playroom because, thinking about our daily family life with three children, kindness is a fundamental ingredient for feeling good. But it is also a difficult achievement precisely because, in the home environment, we often feel free to be less kind with those we are familiar with, and kindness is even more precious.”*

Then, I liked being involved as a parent, too, because I know that my example is very important and because it became a bit of a “job,” a “family pact,” an attempt to do together. Let's try to be kinder, even when we are tired, fed up, or don't feel like it. Respecting others makes us feel better, and it is something we can practice, like a team game.”



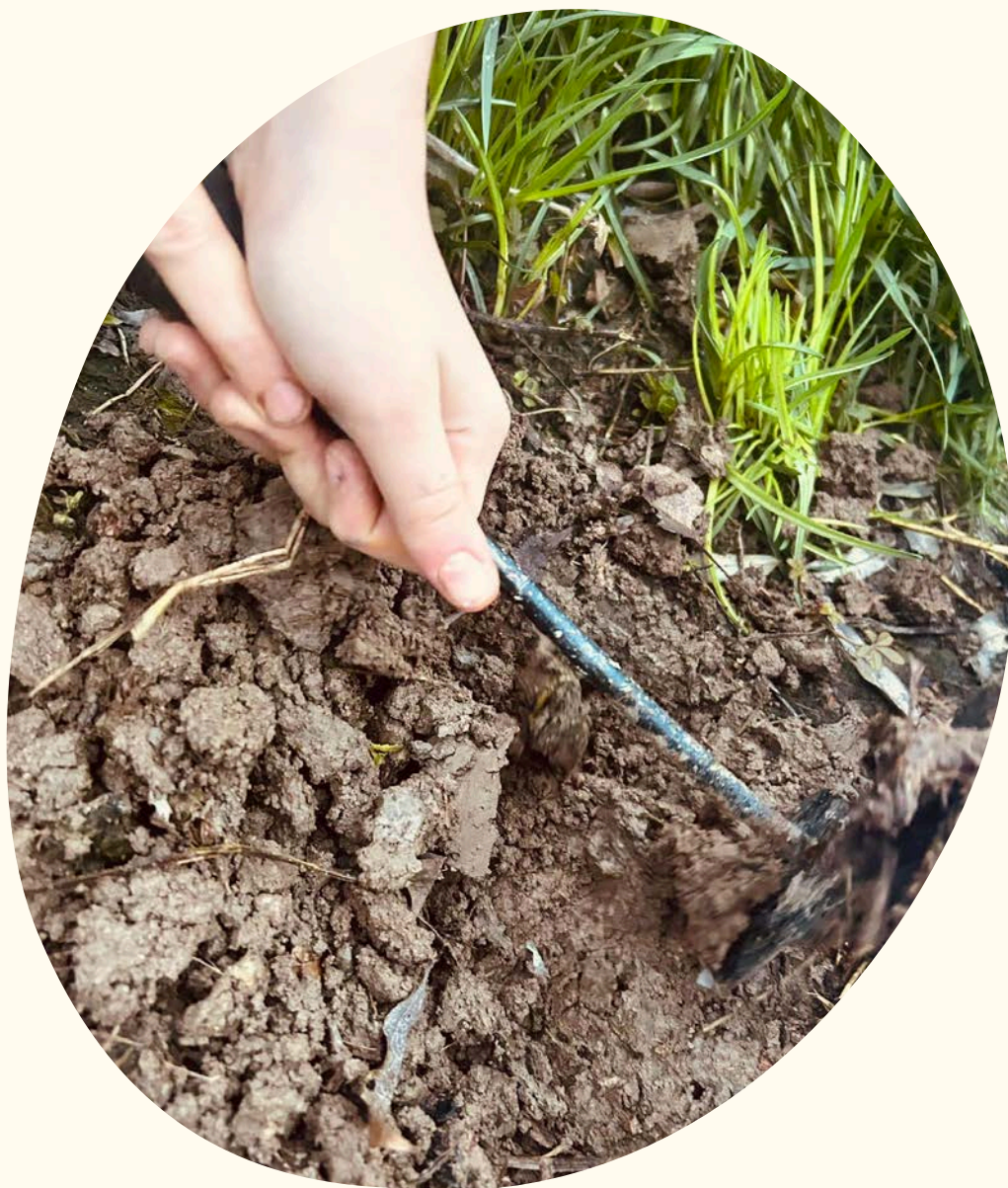
*“The kindness course is a path that helps you shed light on and self-observe, as a parent, your approach to kindness, how you transmit it to your children, and whether you are an example for them. The first meeting was the most impactful because it helped us understand how simple a kind gesture can be, but how often, being so rushed, it is difficult to put it into practice. There should be more spaces dedicated to this topic to make it not just an opportunity for self-observation but a human habit.”*



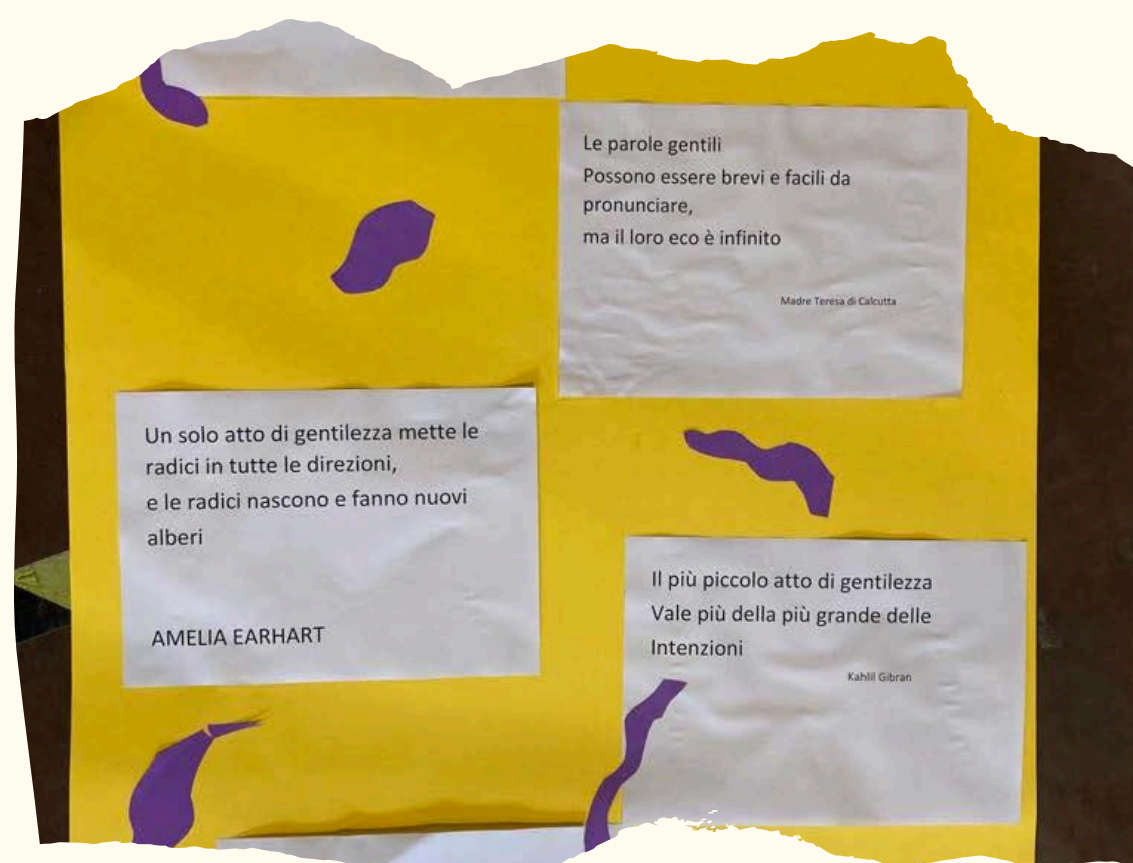


*“As a mother born in 1987, I believe it is truly challenging for us to confront topics such as kindness and emotional education, which were never explicitly addressed when we were children. Raised in a more rigid and contained educational context, we now find ourselves navigating a shift that calls for an evolution in our approach to parenting. The fact that these topics were never explored with us makes the task even more complex—and yet, all the more essential.”*

*It is clear that change is necessary, even though it is difficult to face it alone without the right support and tools. For this reason, I believe that meetings like these are essential and should become more frequent. They help us fill a gap in our experience and build a better future for our children.”*



*“The Kindness Project, developed in our preschool, had a very positive impact on the children, who participated with great enthusiasm. We teachers embraced the initiative right away, as we strongly believe in the value of these activities and in the importance of planting small seeds early on. By nurturing children's awareness of kind gestures from a young age, we help them understand how even the simplest actions can make a big difference, fostering a sense of well-being both for themselves and for those around them.”*



Le parole gentili  
Possono essere brevi e facili da  
pronunciare,  
ma il loro eco è infinito

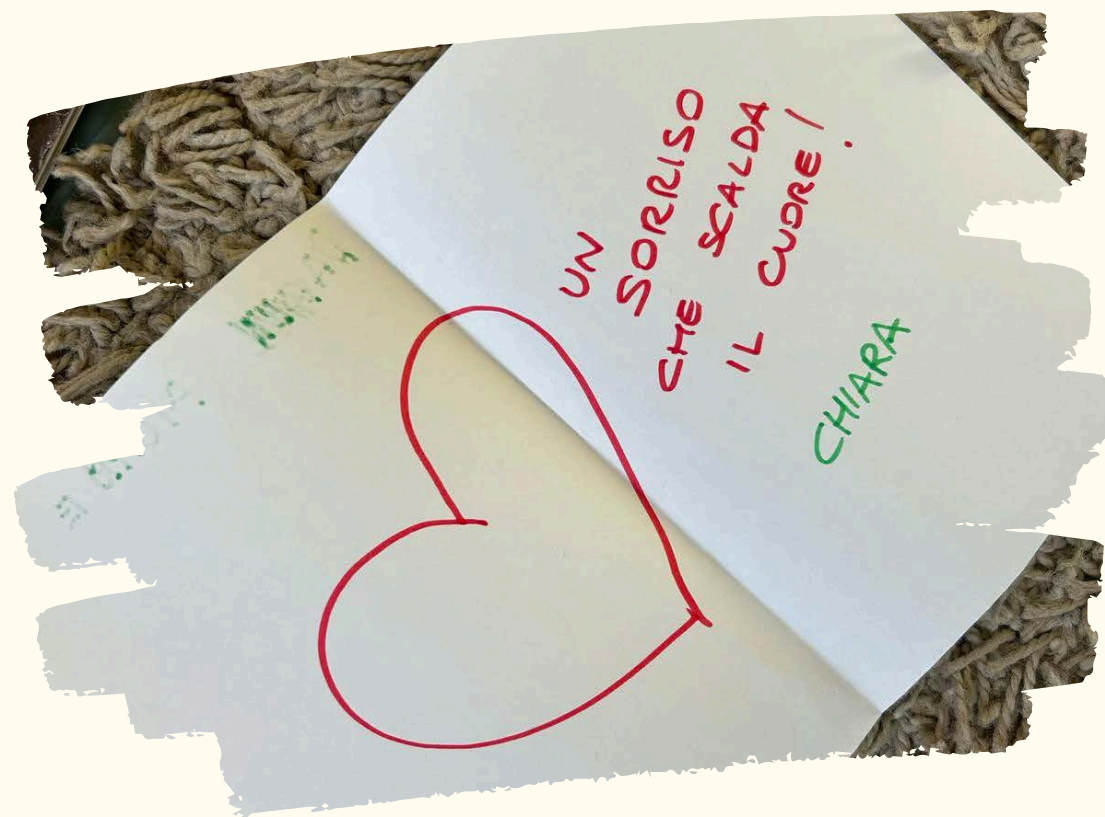
Madre Teresa di Calcutta

Un solo atto di gentilezza mette le  
radici in tutte le direzioni,  
e le radici nascono e fanno nuovi  
alberi

AMELIA EARHART

Il più piccolo atto di gentilezza  
Vale più della più grande delle  
Intenzioni

Kahlil Gibran

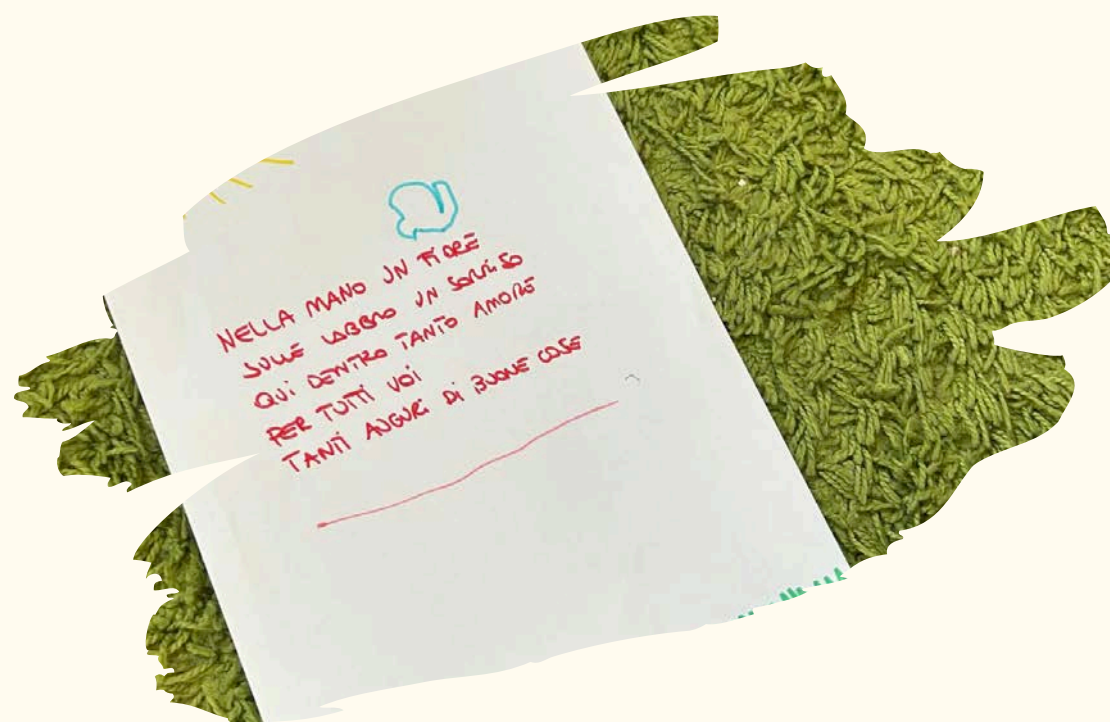


*“During the project, it emerged that each child, through their kind behavior, can positively contribute to the dynamics of the group and the quality of interpersonal relationships. The children, encouraged to reflect on these themes, kindness, friendship, wellness, and beauty, developed greater sensitivity and curiosity. They began asking questions, reflecting on the value of kindness, and actively seeking opportunities to be kind to their peers and the adults around them.”*

“Kindness manifested in many ways –through small daily gestures, but also through the example we adults aimed to set. The teaching of these values wasn’t confined to specific moments; it was woven into daily activities, from games to conversations, always emphasizing sharing and mutual respect.”



*“We believe that setting aside dedicated time to talk about kindness and its positive impact on relationships is essential. Each child had the opportunity to understand, in a simple and direct way, that kindness is a quality that can be nurtured—and that it holds the power to transform both their own life and the lives of others.”*





*“The project represented an opportunity for the children to grow with greater emotional awareness, learning to be more attentive and caring toward others. This type of education strengthens relationships within the school and lays the foundation for the future, in which respect and kindness are fundamental values, creating more beauty around us.”*

*Francesca, teacher*

*“It is important to teach kindness in schools as a way of doing our part. While this may sound like a simplistic or rhetorical answer, it actually holds something both profoundly deep and gently luminous. Promoting, spreading, and educating about kindness goes beyond teaching—it’s about igniting small sparks of inner awareness, planting seeds of change that may bloom years later. Those of us who plant them may never see the result, but the small world around the person who blossoms will feel it—and will be illuminated by that unique, unrepeatable beauty.”*





*“Using strategies and protocols like these, which combine core values with acts of creativity involving diverse skills, cultures, and visions, provides a shared, precious thread of Ariadne, helping us stay grounded and hopeful even when planting or illuminating seemingly difficult or dark terrains.”*

*Debora*

*“Working on the theme of kindness in a family center and a playroom is important because it creates a positive and welcoming environment for both children and adults, fostering healthy and constructive relationships. Children learn by observing adults. If they see parents, educators, and other children practicing kindness, taking time to reflect on it, they will learn to do the same, developing empathy and respect for others.”*



*“Reflecting on kindness also helps in preventing conflicts, bullying, and exclusive behaviors, creating a context in which every child and adult feels welcomed and valued...*

*And I would say that even the exclusive behaviors of many adults are "downsized" when compared to those of the little ones... Children (and many adults) need to learn to manage emotions, collaborate, resolve conflicts peacefully, and build friendships based on trust.”*





*“This work on kindness can be a good starting point because it facilitates communication and the relationship between parents and children, teaching them to interact with patience, listening, and mutual respect. A kindness-based environment also reflects outwardly, influencing the community and spreading values of solidarity and collaboration—at least, I hope so!”*

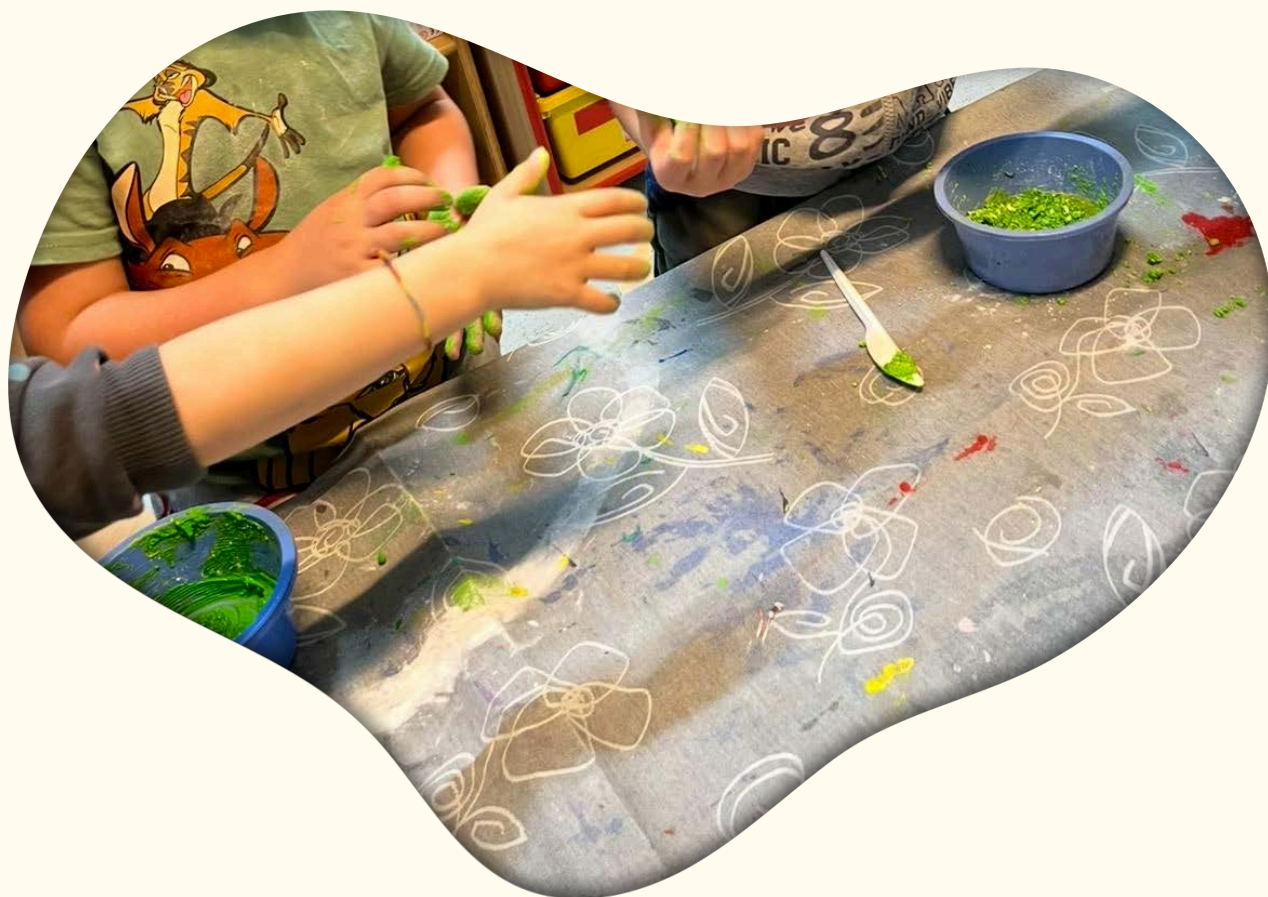
*"It is said" that being kind and receiving kindness reduces stress, boosts self-esteem, and fosters a sense of belonging, both for children and adults... And I think it's really true!! We always live in such stressful environments...*

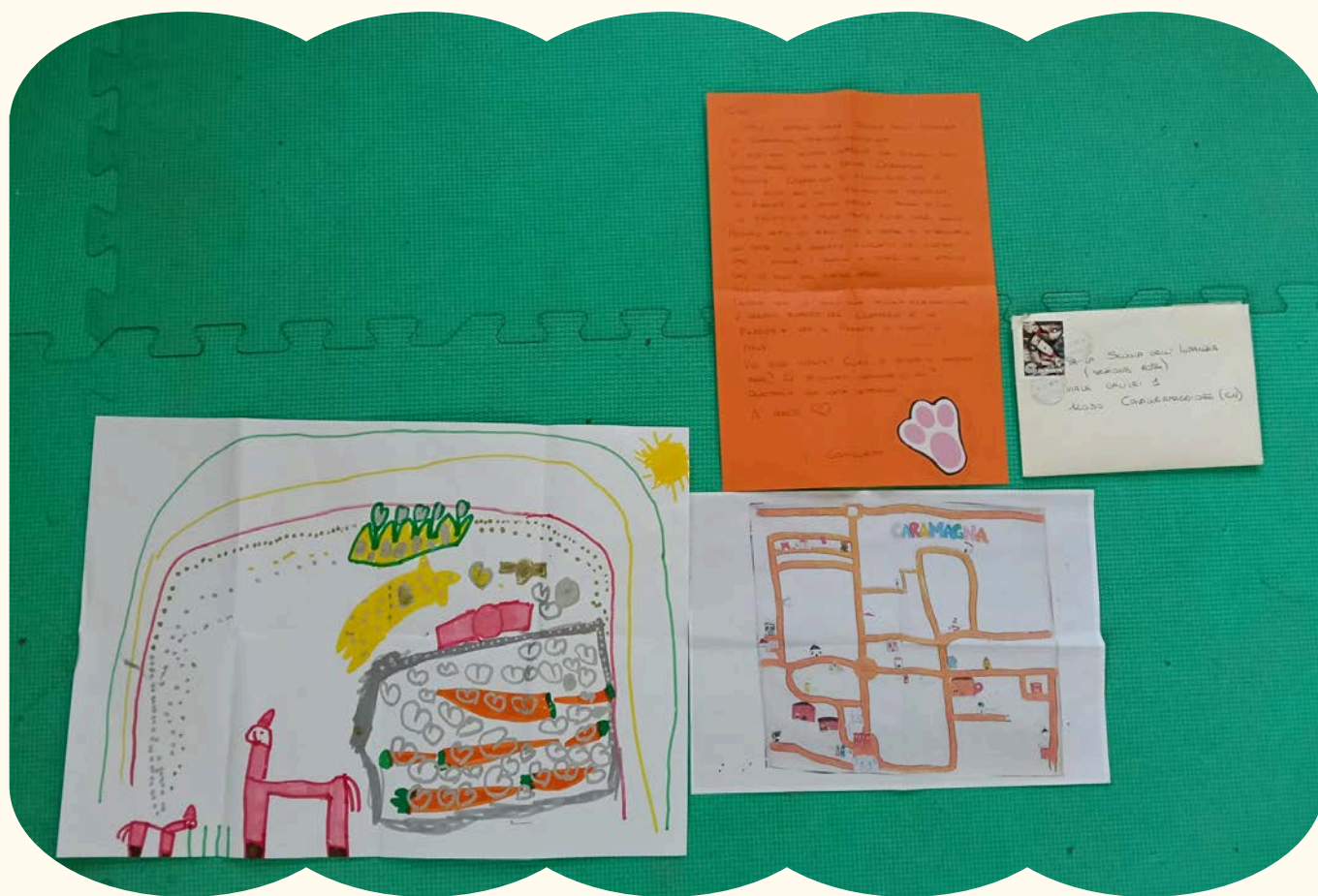


*We need to start the "change" that will make us feel better. The work on kindness seems like a small first step. However, we must believe in it... But in order to do it, it is also necessary to have it mentally and spiritually present, meaning that the facilitator cannot propose it if they are not at "peace." (Luisa and Serena) Ludoteca Saluzzo*



*“During this period, the children are revealing many small facets of their character, and working on kindness is the seed I hope will gradually take root, offering them alternatives to what they already know. This focus on kindness is truly giving us the opportunity to explore empathy and learn how to put it into practice.”*





*We have worked cross-curricularly based on many events that occurred in the classroom, trying to engage with each other attentively and not just thinking about personal discomfort. I believe that implementing kindness should be part of the school curriculum because we need it, not only with children but also with adults as role models and guides.”*

*Eva*

# KINDNESS

AS DEFINED BY THE CHILDREN



# WHAT IS KINDNESS?

- *Kindness is as delicate as a feather*
- *Kindness is like a big cloud that spreads happiness*
- *Kindness is like a warm heart.*
- *Kindness is like a big teddy bear.*
- *Kindness is like the sun that warms us.*



# WHAT IS KINDNESS FOR?

*It serves to heal anger and sadness*

*It helps bring peace inside us and outside into the  
world*

*Being kind helps create good relationships with  
others*

*Kindness helps to talk to each other*

*Being kind makes your heart feel bigger*



# KIND TO WHOM?

*TO OURSELVES*

*TO THE OTHERS*

*TO THE PLANET*





# KINDNESS

## TO THE OTHERS

*Treat others with sweetness*

*Play together*

*Smile at others*

*Be close to those who are sad*

*Greet people and ask their name*

*Treat others well*

*Hug them*

*Tell them, I love you*

*Help them if they need it.*



# ***KINDNESS***

## ***TO THE PLANET***

*Do not pollute  
Respect plants and flowers  
Treat animals with care  
Do not litter  
Do not pull up the grass  
Observe nature  
Live in peace  
Love the whole world.*

