

MacEwan Kindness Project

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The inspiration behind our project



- Paige Thomas, Library Assistant, Boise Public Library
- Own personal experience with random acts of kindness
- Started with painted rocks left in parks with a note asking recipients to share on social media
- “Write down something positive, something kind.”
- Thomas weeds through the notes ensuring messages are kind and legible (especially from their young patrons).

Meanwhile, in other parts of the library...



Finding a partner

- MacEwan Students' Association (SAMU)
- MacEwan Golden Key (International honour society)
- Peer Health Education Team

Peer Health Education Team





#MacEwanKindnessProject

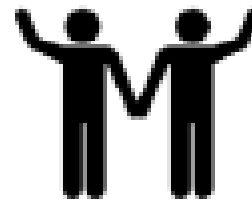
First steps

- Didn't want library staff to write the notes. Students helping students is the key!
- Didn't want to advertise this widely - should be a surprise for students
- Share on social media (#MacEwanUKindness)
- Create a note card
- Used free image (see the "M" for MacEwan!)

MacEwan Kindness Project

A message from a fellow student:

Want to share? #MacEwanUKindness



Making the
cards available

MacEwan Kindness Project



Fill out a bright orange note card with words of encouragement or a nice message.

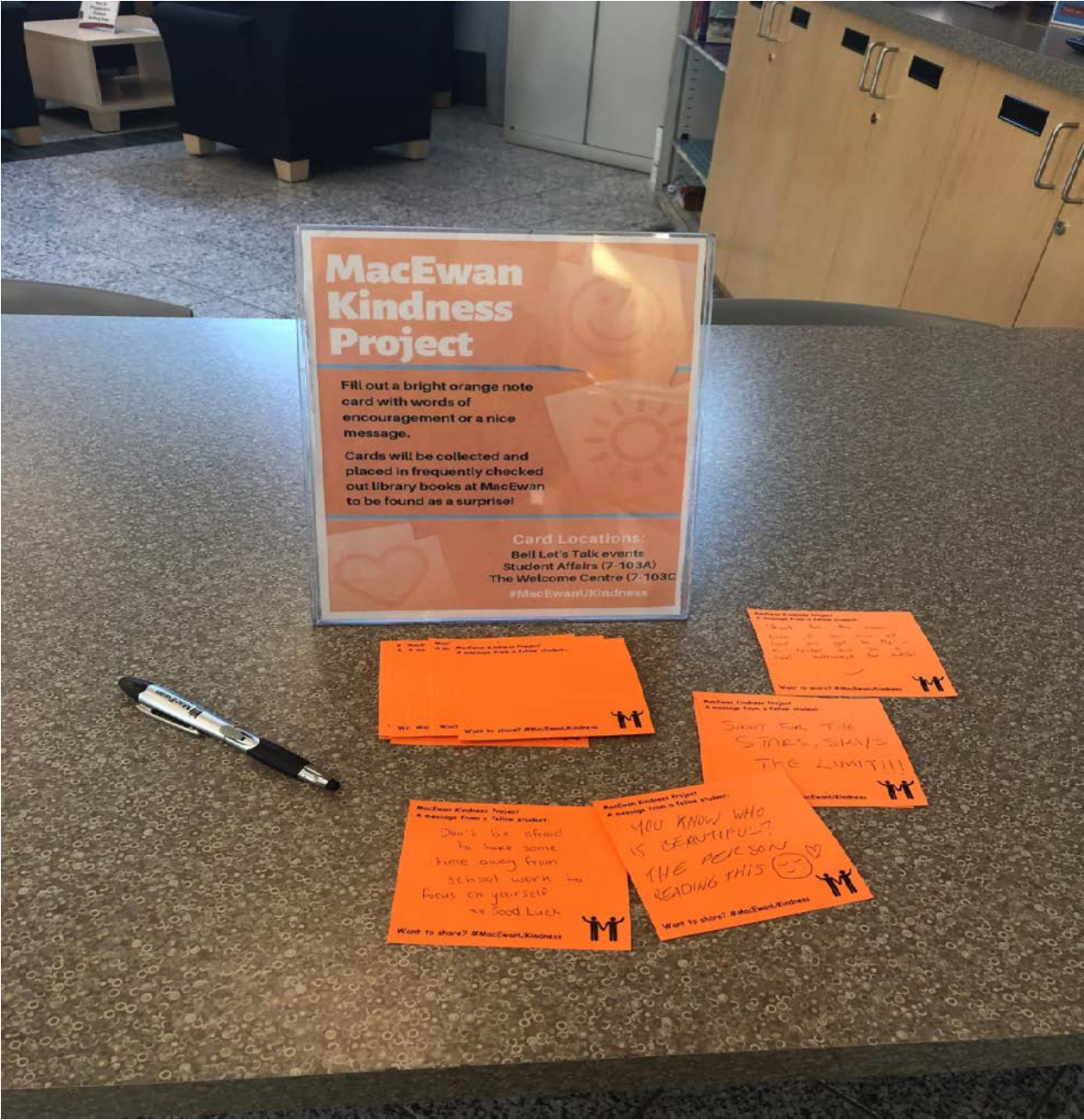
Cards will be collected and placed in frequently checked out library books at MacEwan to be found as a surprise!

Card Locations:

Bell Let's Talk events
Student Affairs (7-103A)
The Welcome Centre (7-103C)

#MacEwanUKindness





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#MacEwanUKindness

MacEwan Kindness Project
A message from a fellow student!
Want to share? #MacEwanKindness

MacEwan Kindness Project
A message from a fellow student!
Want to share? #MacEwanKindness

MacEwan Kindness Project
A message from a fellow student!
SMART FOR THE STARS, SKIN'S THE LIMIT!!!
#EwanKindness

MacEwan Kindness Project
A message from a fellow student!
Don't be afraid to take some time away from school work to focus on yourself.
~ Good Luck
Want to share? #MacEwanKindness

MacEwan Kindness Project
A message from a fellow student!
YOU KNOW WHO IS BEAUTIFUL?
THE PERSON READING THIS
Want to share? #MacEwanKindness

Feedback from students filling out cards

“What a neat idea” - student filling out card at Bell Let’s Talk event

“This is something that can really make a difference in someone’s day” - Jr. High Teacher at REEL Learning Event

“Simple, yet impactful” - student

“It’s an easy way to engage with students, and can help start a conversation about kindness and mental health” - Peer Health Educator

Cards filled with kindness- now what?

- Collect cards after each event.
- Review content to ensure appropriateness.
- Return completed cards to Library Faculty for distribution.

MacEwan Kindness Project
A message from a fellow student:

Lets talk!
Come see
us anytime!!



Want to share? #MacEwanUKindness

MacEwan Kindness Project
A message from a fellow student:

Try to be the rainbow
in Someone's cloud
-Maya Angelou



Want to share? #MacEwanUKindness

MacEwan Kindness Project
A message from a fellow student:

The only time you
fail is when you
fall down and
stay down



Want to share? #MacEwanUKindness

MacEwan Kindness Project
A message from a fellow student:

Positive th
will let you
every thing
than nego
thinking

Want to share? #

MacEwan Kindness Project
A message from a fellow student:

Step 1. Breathe
Step 2. Breathe
Step 3. Breathe



You got this
Want to share? #MacEwanUKindness

MacEwan Kindness Project
A message from a fellow student:

Learn to be okay
with being not okay.
Just be the best you,
you can be today.
Even if it is not
much.



Want to share? #MacEwanUKindness

MacEwan Kindness Project
A message from a fellow student:

Keep up the
hard work!
You can do it!



Want to share? #MacEwanUKindness

MacEwan Kindness
A message from a

It's about
doing

Want to share

MacEwan Kindness Project
A message from a fellow student:

"It doesn't matter how slow
you go, as long as you
don't stop."

MacEwan Kindness Project
A message from a fellow student:

We (h...)

MacEwan Kindness Project
A message from a fellow student:

You always pass
failure on the

MacEwan Kindness Pro
A message from a fellow

Winning do
mean being



Getting the cards to the students!

- Only in reserve items initially
- Expanded to include all regular loans as well
- Who knows? NEOS & TAL patrons might find these notes too!

Feedback so far

- “It made my day!” (student to library staff member)
- “Great idea”, “Cool!”, “Student first approach” (Wellness and Psychological Services Faculty)
- “I enjoy both writing messages and receiving messages” (Student)

What's next for the MacEwan Kindness Project?

- 816 note cards printed so far - 700+ notes distributed since January!
- Partner with other MacEwan groups - Student Residence, SAMU (Students' Association), and MacEwan International to have a university-wide Kindness initiative.
- Ask students in the Bachelor of Design program to create the note cards.
- Approach MacEwan Early Learning (daycare) for collaboration on design or simply asking the children to draw a picture on the Kindness cards

Questions?