

# Why Become a Super School



The benefits of incorporating A Girl With A Cape into your school's yearly theme is everlasting. It's the positive approach to any "Anti-Bully" campaign that's out there. It teaches and reinforces both students AND staff the type of behavior that everyone should have: kind, loving, and accepting. When people feel these emotions from others as well as themselves, it creates a better learning environment.

1. It will improve school climate: Students will be focusing on the everyday little things they do.
2. It reinforces kind and accepting behavior in the school, which will be carried out into the family and the community.
3. It will bring character counts to a whole new level in which students are engaged and enthusiastic about being a super hero through their daily words and deeds; THEY are single handedly helping to transform THEIR school into a Super School!
4. It will show our students that THEY matter and so do THEIR actions in a real and tangible way where they can visibly see the impact their actions are having/making one brick at a time.
5. It will show the kids that kindness is simple and worthwhile; that it not only makes others feel good and there in by do good but it also has a positive affect on the individual "do gooder."
6. It will create an atmosphere of kindness enhancing students both mentally and academically (See attached PLOS Study, 12/12).
7. It will create a "not just a one and done" mentality, but a daily, weekly, monthly, year by year approach to growing OUR schools into SUPERNESS!!
8. It will reinforce that a Super School means students and teachers collaborating together creating, inventing, and implementing ideas that enhance the overall environment of your school.
9. A Super School means teachers and staff know their worth and value thus allowing them to be mentors of kindness for the students.
10. Creating a Super School means having a physical place where people feel good and do good, because they know how important they are, and they see the value in knowing that their kind acts are powerful and contagious.
11. Super School means everyone in the building is working together to create kind connections, empowering the individual to realize his/her importance in the world.
12. It will encourage teachers to really be mentors: SUPER TEACHERS!

# Becoming a Super School



Thank you for your support of A Girl With A Cape and our mission:  
*To make the world a better place by using the power of  
our everyday kindnesses.*

Here are some things that we recommend when giving yourself the title of  
**“A Girl With A Cape SUPER SCHOOL.”**

## 1. Promote a Kindness-A-Thon

Choose 3 days prior to our visit to do kind things each day. On the day of my visit, the reward for each student completing those things is getting to wear a cape to school, or “dressing-down” if wearing uniforms, or something else that you feel is appropriate. Continue with more daily kindness ideas afterward.

## 2. Incorporate “A Girl With A Cape (AGWAC) on the Go”

Have the students mail her to a friend or family member, encouraging the recipient to take a picture of themselves WITH *AGWAC on the Go* doing something kind: helping a neighbor, cleaning up, buying someone coffee, etc. Then, the recipient is to pass her along to someone else and do the same thing to keep her out there doing kind things. How far will she travel? Follow her at [agwac.com](http://agwac.com) or by using [#agwac](https://twitter.com/agwac)

## 3. Print up the “Kindness Bricks”

Create a wall of kindness or fill a bin of kindness. For every kind thing a student does, have them cut out and add a brick. Be creative, build a structure or create a pattern. Send us pictures of the structure at the end of the year!

Get more ideas at [GotYourCape.com](http://GotYourCape.com).