

# End Bullying with Kindness



## Linnea McFadden

Kindness Speaker for Elementary Schools

Linnea McFadden is an upcoming anti-bullying author and speaker. She has spoken at several elementary schools, aired on a WEEU radio talk show, and was featured in the Reading Eagle, all while spreading the movement of kindness. As a mother herself, she wants to help kids understand the importance of kindness and that they have the power to stop bullies. Her book, *It's Cool to be Kind*, was inspired by a bully she had heard of from her son. When Linnea met the bully, he was much nicer than she had imagined. The reason he was acting out was that he just wasn't happy. Linnea has now incorporated this story into a book to show kids that it truly is cool to be kind.

Linnea McFadden has a Master's in Social Work from the University of Georgia. She has worked with children and families in child abuse prevention programs, homeless shelters and foster care, and as a behavioral specialist with autistic children. She currently works part-time in the research department of PinnacleCare, a healthcare advisory company. Linnea resides in Pennsylvania with her husband and two children. *It's Cool to be Kind* is her first children's book, with a second one in the works.

## Linnea's Message

Kindness is something that needs to be focused on and celebrated to stop situations of bullying, especially at younger ages. Kindness gives way to a triangulation effect- the giver, the receiver and the observer all feel good when a kind act occurs. If students are encouraged to do kind acts by their school, they'll want to do more and others will follow because kindness can spread quickly. By using personal and universal stories, interactive skits, and videos students will learn that they can make a difference with their kindness.

### Students Will Learn:

- The definition and importance of a comfort zone
  - Power Poses
- Event + Response = Outcome
- Taking responsibility for one's behavior
  - What kindness is and its effects
  - How to spread kindness

**"Kindness is Contagious. One kind act has the power to make someone's day better which can spread and change the world."** - Linnea McFadden

