



THE UNIVERSITY *of* EDINBURGH
Global Health Academy

Education – does Kindness have a role?
The SPARK programme
Start Performing Acts of Random Kindness

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Assistant Principal



Humans and our planet made
together

for a purpose

SPARK

Start Promoting Acts of Random Kindness

THE KINDNESS MANIFESTO

We believe **kindness** should be endless.

We believe everyone deserves to be treated with

civility, compassion, and respect.

And that **love** should be expressed every day through
acts of

kindness and generosity

SPARK

Start Promoting Acts of Random Kindness

THE KINDNESS MANIFESTO

We believe we can build a world filled with **kindness.**

All it takes is for each of us to be a little kinder everyday.

Every thoughtful act is another building block in building a **better, warmer, kinder** world



Make kindness a way of life
Compassion, Civility and
Charity

Integral components of the SPARK programme

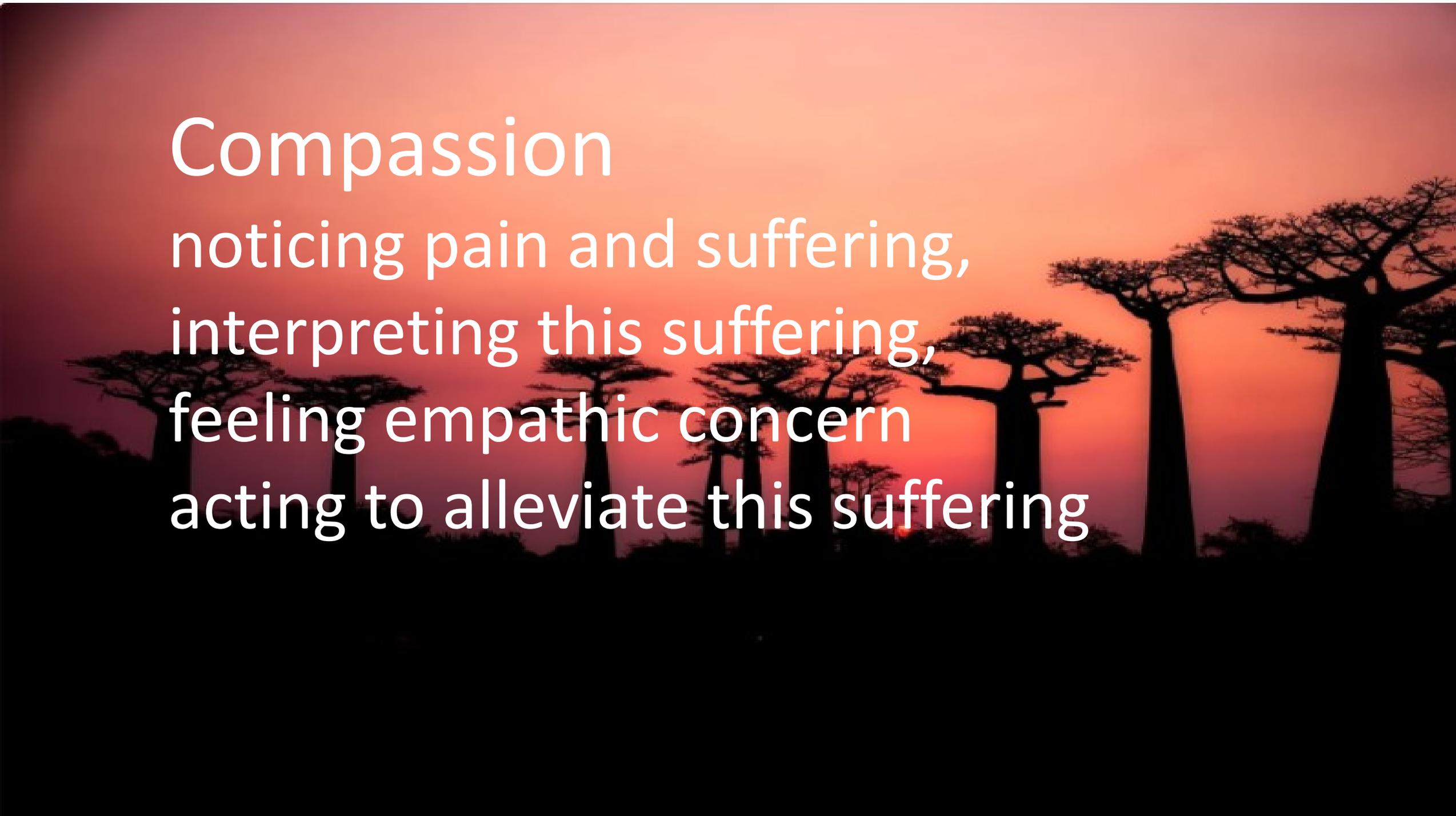
Compassion

noticing pain and suffering,

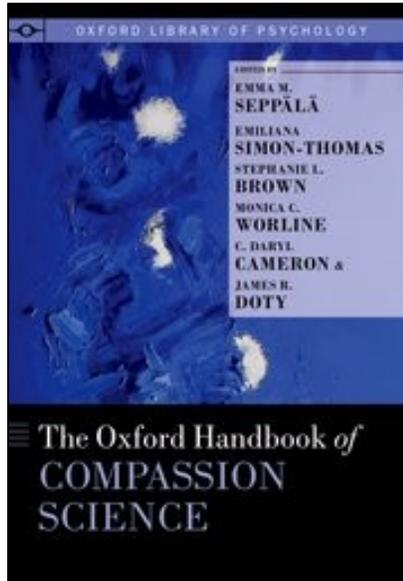
interpreting this suffering,

feeling empathic concern

acting to alleviate this suffering



Kindness and Compassion Science



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COMPASSION IS A TRAIT THAT CAN BE DEVELOPED and EXPANDED

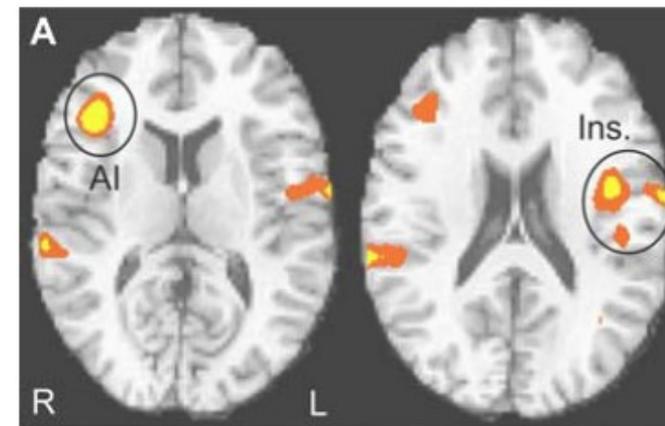
About CBCT

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THE SCIENTIFIC BASIS OF COMPASSION

Interest in contemplative practice has burgeoned in recent years as scientists in diverse fields point out the significant role that other-centered behaviors appear to play in health and wellbeing.





Compassion is the glue that hold the SDGs together
Preamble to the SDGs: “to heal the nations”

Healing – through acts of kindness
through compassion

Quality is not a given. It takes vision,
planning, investment,
compassion,
meticulous execution, and rigorous
monitoring, from the national level
to the smallest, remotest clinic.

-

Dr Tedros Adhanom Ghebreyesus

WHO Director-General



**What are the ethical
principles by which we
live our lives?**

What are our values?

**How do we value
ourselves, others and
value our values?**

The reach of compassion and kindness in education

How do we see our Students

As change makers of the future – learning skills to bring about change in the future

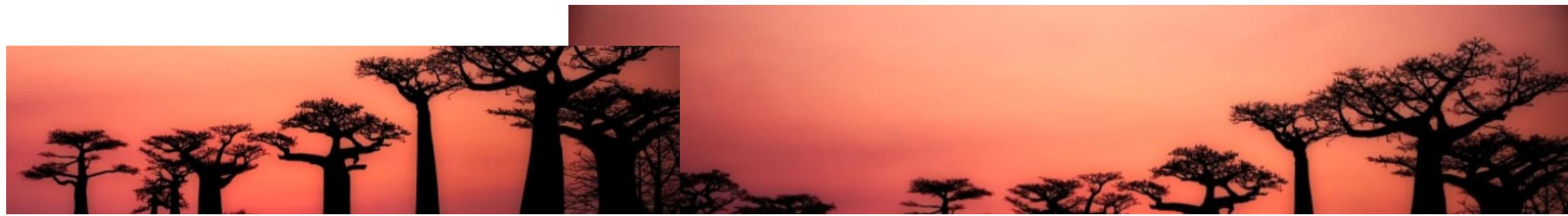
As change makers in the present – changing the way that they receive, participate in, and “live education”

As individuals each with their own capabilities, dreams, wisdom and potential

How do we see our Schools and Institutions

As change makers whose purpose is to transform society – training in key subjects, building skills for future organisational change and building values

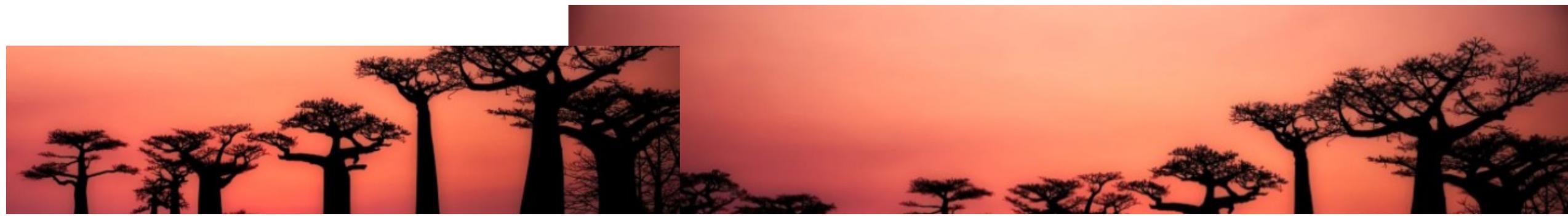
As modellers of a different way of functioning in the present – a microcosm of the healed planet of the SDGs, places of kindness



The work of kindness

Kindness as interpersonal work: - how we be with others – skills, competence, consequential and productive work, every interaction has a value, can lead to value. Actively Being intentional, putting compassion and kindness in practice

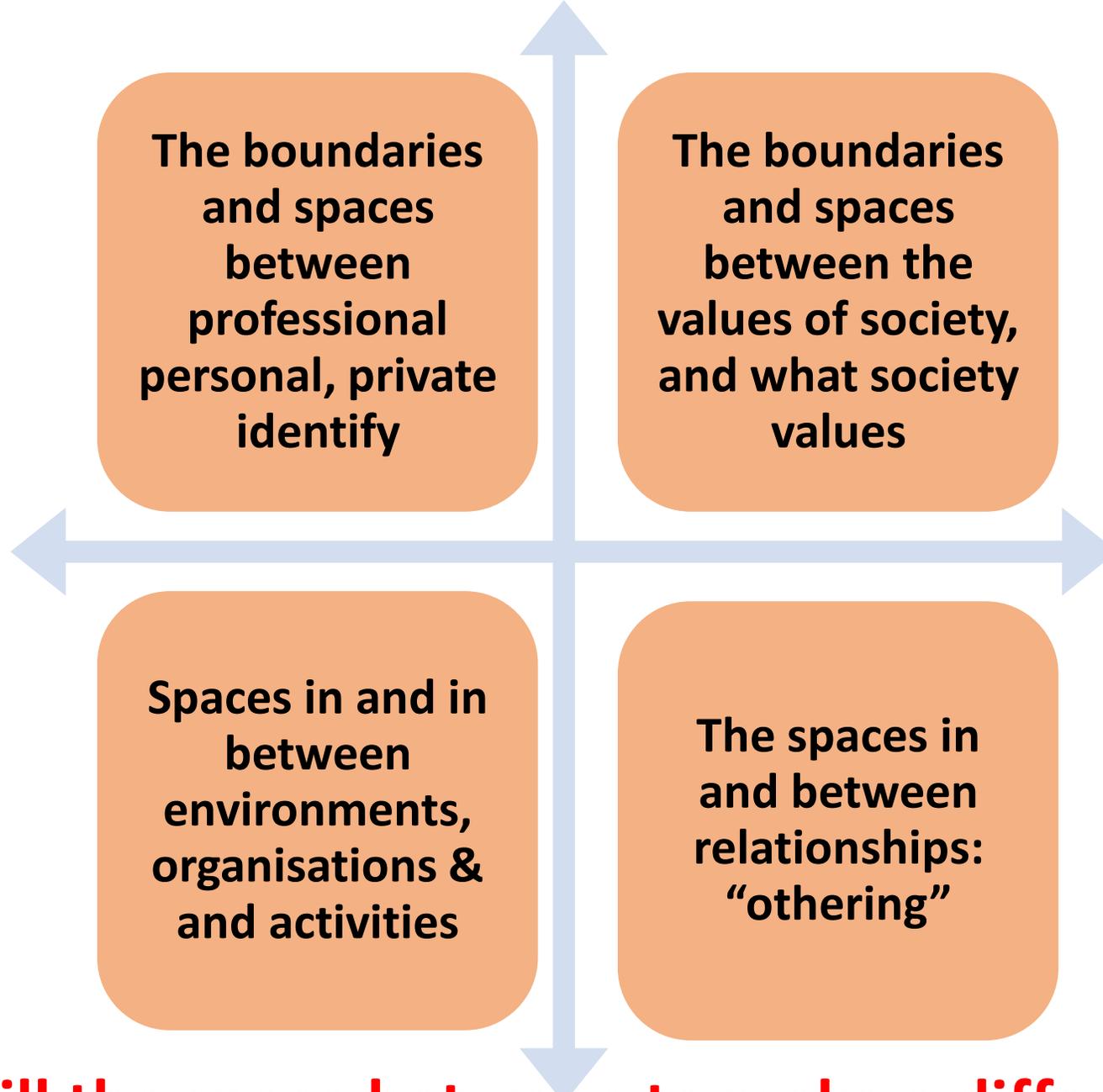
Kindness as narrative: - carried in our language. Our stories are a light, a window on our past, & future , help define who we are, our identity , reveal our different and our shared values, what matters to us



Kindness as the tool of education: - changing what we teach, how we teach, learning to be compassionate, and learning through compassion and kindness

Kindness as organising: - changing the very nature of how we work, it becomes a dynamic process, a shared delivery of kindness draws on cultural memories and sets the tone, creates expectations of responses, – aligns processes, legitimises the act of caring

Kindness as a norm: - the way we are present, the way we be with each other, the way we dream about the world, the way we care for the earth



Can kindness fill the space between to make a difference

Exercises for being compassionate and kind

- **Greeting**
- **Awe**
- **Curiosity**
- **Replenishment**
- **Giving joyfully**
- **Rejoicing in our shared common humanity**
- **Being fully present**
- **Receiving in joy**
- **Focusing**
- **Taking time to Pause**





A sense of, a belief in, and a celebration of a common humanity

Being fully present

Living with purpose

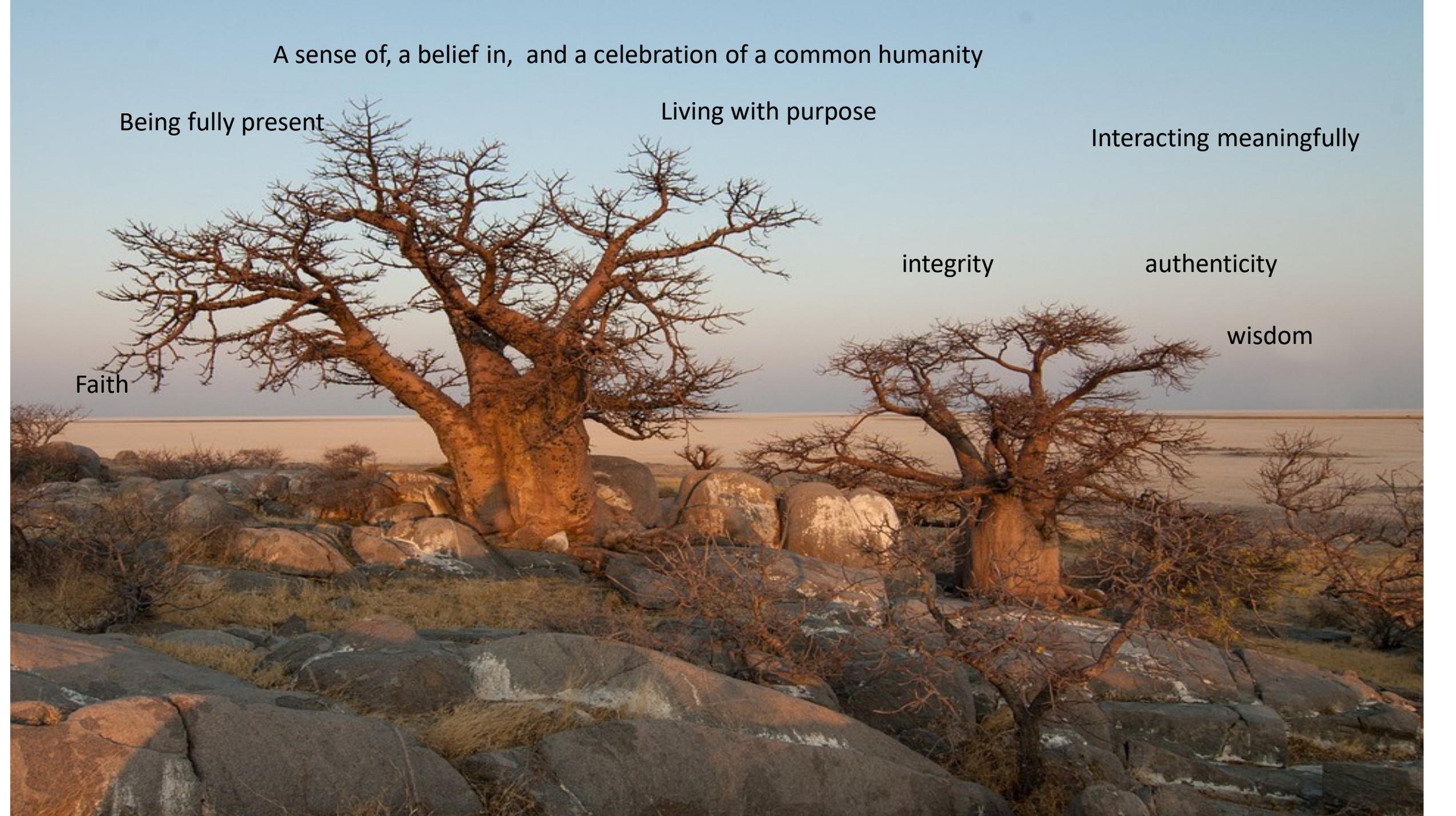
Interacting meaningfully

integrity

authenticity

wisdom

Faith



Curation
Creativity
Compassion



Kindness and Compassion

“The quality of *mercy* is not strained.

It droppeth as the gentle rain from heaven

Upon the place beneath. It is twice blessed:

It blesseth him that gives and him that takes”

Merchant of Venice

William Shakespeare (between 1596 and 1599)

A gift to us, from us, and for us

Relational

Reciprocal

Redemptive

Restorative

“Random” and Real





SPARK