

M N E D

Positive Behaviour Programme

Expressions of Kindness — Building Kinder, Safer, Bully-Free Schools



BEHAVIOUR DAY
17 May 2026



BEHAVIOUR WEEK
18–22 May 2026

Be Kind. Be Caring. Be The Change.

What is the MNED Positive Behaviour Programme?

The Vision

Together, we can build kinder, safer, bully-free schools across the Western Cape.

The Challenge

"Expressions of Kindness" — inspiring change through the power of kind actions in every school community.

Who Participates?

All MNED schools are invited to join — learners, teachers, principals and support staff.

How?

Be creative at your school and share your activities on Facebook and Instagram using the official hashtags.

Western Cape Government
Education
FOR YOU

SAVE THE DATE! ♥

MINED **17 MAY 2026**
Behaviour Day

Together, we can build
kinder, safer, bully-free schools.

Be creative at your school and share with us.

Facebook

THE CHALLENGE:
Expressions of Kindness

Let's inspire change through the power of kind actions!

SCHOOL PROGRAMS WILL RUN DURING THE WEEK OF
18 – 22 MAY 2026

#bekind #becaring #bullyproofme

BE KIND. BE CARING. BE THE CHANGE.

SAVE THE DATE!

Behaviour Day

17 May 2026

Behaviour Week

18 – 22 May 2026

*School programmes run during
the week of 18–22 May 2026*

#bekind • #becaring • #bullyproofme

THE CHALLENGE: Expressions of Kindness

Let's inspire change through the power of kind actions!

 Random Acts of Kindness Day activities

 Creative kindness artworks & displays

 Kind notes and compliment walls

 Skits, drama or puppet shows on bullying

 Singing or performing the Acts of Kindness song

 Photo projects capturing kindness moments

 Community care projects on school grounds

 Kindness awards & recognition ceremonies

Be creative — and share with us!



Share & Celebrate on Social Media!

Post your school's Expressions of Kindness and inspire the whole Western Cape!

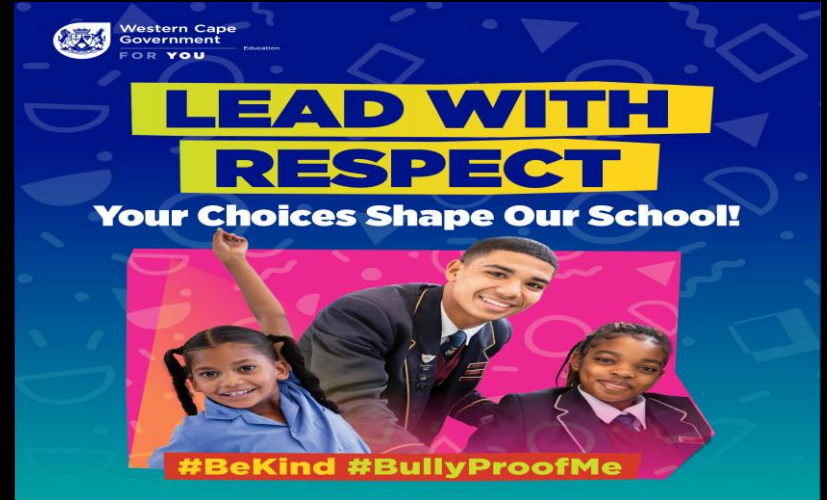


Facebook



#bekind

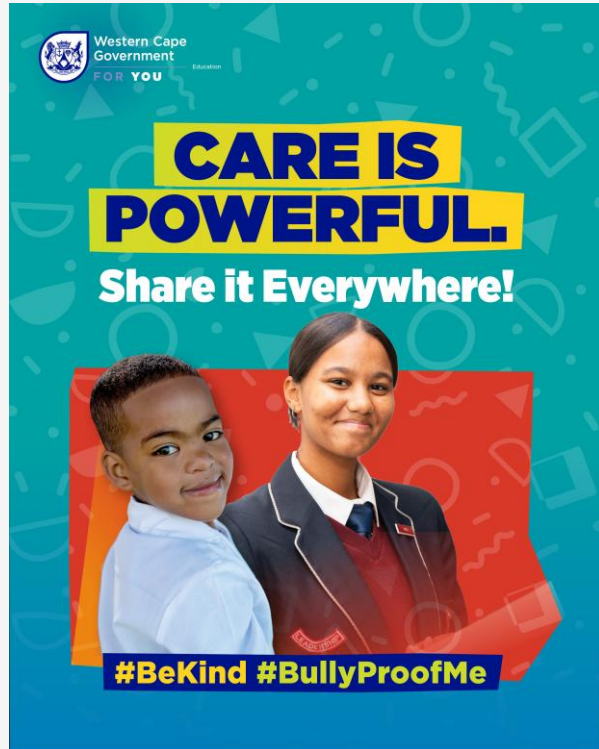
✕ Twitter / X



#becaring

#bullyproofme

Campaign Graphics — Ready to Share!



Lead With Respect



Care Is Powerful



We All Belong

Download and share these graphics on your school's social media platforms!

🎵 Acts of Kindness — The Song



🎤 How to use the song:

- ▶ Play at morning assembly on 17 May
- ▶ Teach learners to sing along
- ▶ Perform at Behaviour Week events
- ▶ Record your school performing it
- ▶ Post your video with #bekind

🎵 "Be kind... be caring...
Bully proof me, lift me high"

Acts of Kindness — Full Lyrics

CHORUS: Be kind... be caring... Bully proof me, lift me high



VERSE 1

In this world full of noise and pain
Choose to love, don't bring the rain
Lend a hand when someone's down
Turn a smile into solid ground
Speak with love, let your actions show
Heart so open, let the good vibes flow
No more tearing others apart
Build each other with a caring heart

BRIDGE

Be kind in the way you move
Be caring in the things you do
Bully proof me, make me strong and true
Together we shine, me and you

OUTRO

Be kind... be caring... Bully proof me...
Be kind... be caring... Bully proof me...



Principal Action Plan

1

Before 17 May

- ✓ Share campaign graphics with staff & learners
- ✓ Download the Acts of Kindness song
- ✓ Plan Behaviour Day activities for 17 May
- ✓ Prepare social media accounts

2

On Behaviour Day (17 May)

- ✓ Hold a whole-school assembly
- ✓ Play/perform the Acts of Kindness song
- ✓ Launch the Expressions of Kindness challenge
- ✓ Take photos and videos of activities

3

During Behaviour Week (18–22 May)

- ✓ Run daily classroom and school activities
- ✓ Post on Facebook & Instagram daily
- ✓ Use #bekind #becaring #bullyproofme
- ✓ Encourage learner participation in posts

4

After the Week

- ✓ Celebrate and recognise participation
- ✓ Share highlights with parents & community
- ✓ Continue positive behaviour practices
- ✓ Submit highlights to district office

Key Messages for Learners

Lead With Respect

Your choices shape our school.

Care Is Powerful

Share it everywhere!

We All Belong

Stand together, stand strong!

Choose Kindness

Master the art of doing good!

Together, We Are The Change.

Western Cape Government Education — MNED
Positive Behaviour Programme 2026



Behaviour Day: 17 May 2026



Behaviour Week: 18–22 May 2026



Post on Facebook & Instagram



Sing the Acts of Kindness song

#bekind • #becaring • #bullyproofme