



Harmony Power

“Stand Up to Bullying and Stand for Human Equality”

Students have 33 days to change the world at your school to reach Universal Harmony Day!

Students are nominated by any school staff member (teacher, administrator, support staff) to receive a Harmony Power Award. A student can be nominated for expressing themselves through their gifts and talents; giving back to the community in a positive way—no act of kindness is too small. In **33 school days** from the launch of the program, a ***minimum of 33% of the school’s population*** will be recognized on Universal Harmony Day.

The primary purpose of the [Harmony Power Awards](#) is to have students and staff at your school be recognized in a positive fashion to highlight their contributions in making your school a safe, happy, and productive place. This powerful system uses true positive reinforcement in recognizing the good children do in their community in mass volume. By doing so, the child’s self-esteem rises, thus transforming youth culture.

Examples of What Children Can Do to Promote Harmony Power in the World.

- **Smile and Greet:** Encourage them to smile and say "hello" to students they meet throughout the day.
- **Hold the Door:** Teach them to hold the door open for others, whether at home, school, or a public place.
- **Share Toys:** Encourage them to share their toys or games with friends or siblings.
- **Help with Chores:** Offer to assist with household chores like setting the table or folding laundry.
- **Express Gratitude:** Teach them to say "thank you" when someone helps them or gives them something.
- **Write Thank You Notes:** Help them craft thank you notes for teachers, peers, caregivers, or anyone who has been kind.
- **Give Compliments:** Encourage them to give sincere compliments to brighten someone's day.
- **Offer Assistance:** Teach them to help those in need, like carrying bags or picking up dropped items.
- **Share Snacks:** Pack an extra snack to share with a friend or classmate.
- **Active Listening:** Teach them to be attentive listeners when someone



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wants to talk or share their feelings.

- **Include Others:** Invite someone feeling left out to join in their play or activities.
- **Clean Up:** Help clean up parks or neighborhoods by picking up litter.
- **Beautify Spaces:** Plant flowers or plants in community gardens or public areas.
- **Donate Toys:** Choose toys they no longer use and donate them to shelters or charities.
- **Make Get-Well Cards:** Create handmade cards to send to friends who are sick or in the hospital.
- **Visit the Elderly:** Spend time with elderly neighbors or nursing home residents, engaging in conversations or reading stories.
- **Share Artwork:** Create drawings or crafts to give to friends, family, or teachers.
- **Use Polite Language:** Encourage regular use of "please" and "thank you" in interactions.
- **Donate Books:** Give gently used books to schools, libraries, or children's hospitals.
- **Assist with Meals:** Help set the table before mealtime.
- **Uplift Others:** Offer kind words or gestures to cheer up someone who is sad.
- **Spread Positivity:** Write uplifting notes and leave them in unexpected places for others to find.
- **Share Knowledge:** Assist classmates or friends struggling with understanding a subject.

Community Involvement:

- **Volunteer at Local Events:** Participate in community events, clean-up drives, or child-friendly charity fundraisers.
- **Donate Toys and Clothes:** Help declutter by donating gently used items to local shelters or charities.
- **Create Artwork or Cards:** Make cheerful artwork or cards for elderly residents or hospital patients.
- **Organize a Food Drive:** Collect non-perishable food items for donation to local food banks.
- **Plant Trees or Flowers:** Contribute to tree planting or gardening projects for a greener environment.
- **Collect Spare Change:** Set up a collection jar to raise funds for a charitable



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cause.

- **Create Care Packages:** Assemble care packages with essentials for the homeless or families in need.
- **Organize a Clean-up Day:** Gather friends and family for park or playground clean-ups.
- **Read to Younger Children:** Improve reading skills by reading to younger kids at local libraries or community centers.
- **Participate in Charity Walks/Runs:** Join family-friendly charity events to support various causes.
- **Offer Pet Care Services:** with parental permission help care for pets of elderly or sick neighbors.
- **Make Blankets for Animal Shelters:** Create cozy blankets for animals awaiting adoption.
- **Raise Awareness:** Design and distribute informative flyers about causes they're passionate about.
- **Create Bird feeders:** Craft bird feeders to hang in local parks, providing food for birds.
- **Participate in Charity Drives:** Join coat drives, school supplies drives, or holiday toy drives.
- **Tutor Peers:** Assist classmates with schoolwork or share their expertise.
- **Visit Animal Shelters:** Spend time with animals, providing companionship and care.

Global Impact:

- **Support Global Charities:** Donate to reputable international charities addressing education, healthcare, clean water, and more in disadvantaged areas.
- **Sponsor a Child:** Participate in child sponsorship programs providing resources to children in need worldwide.
- **Raise Funds:** Organize fundraisers for global causes, such as charity walks or virtual events.
- **Collect Supplies:** Gather school materials, hygiene items, or medical supplies for communities in need.
- **Write Letters:** Connect with pen pals from other countries to exchange ideas and cultures.
- **Create Awareness Campaigns:** Raise awareness about global issues through social media or local events.
- **Participate in Global Cleanup Efforts:** Contribute to initiatives.



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Please visit harmoniypowernow.org to learn more about the Harmony Power Foundation’s mission to making our schools, our communities, our world a much safer and harmonious environment to live, work, and grow in together.

Any questions regarding the program can be directed to John P Mirrione at (646) 387-2073 or email harmoniypowernow@gmail.com