

Kindness Week

25 - 29 October 2021

Program of events

TIME	ACTIVITY	LOCATION
Daily, 25th – 29th October		
9am – 5pm	KINDNESS TENT , main location for Kindness Week activities Collect resources and kindness kits. Take time to reflect on the nature of kindness in the chill-out area. Enjoy a range of games and activities to be kind to yourself and to get to know fellow Bond students, staff and alumni.	Quadrangle
Monday 25th October		
11am – 1pm	THERAPY DOG SESSION , with Victor Valentine Therapy dogs, like Victor, can help to reduce stress and anxiety, along with providing social and emotional support. Pop-in to visit Victor and experience his sweet demeanour and unconditional love.	Kindness tent (Quad)
12pm-1pm	BOND KINDNESS CHALLENGE , supported by Bond University Counsellors Embark on a journey to carry out a series of random acts of kindness around campus. Bring your classmates or colleagues. Meet up after the challenge to discuss the importance of kindness for your own wellbeing. Prizes up for grabs.	Kindness tent (Quad)
5pm-6pm	PAINT & CHAT , supported by Bond University Law & Wellness Network Painting supplies and light food will be provided. Kindness cocktail available for purchase. RSVP to bulwn@student.bond.edu.au . Walk-ins welcome.	Lakeside
Tuesday 26th October		
9am-10am	BEING KIND TO YOUR BODY , with Campus Nurse, Mitchell Sharp Tips on how to feel better within yourself.	Kindness tent (Quad)
12pm – 1pm	UNDER THE ARCH COFFEE , supported by Grounded Meet fellow students under the arches for a coffee and chat.	Under the Arch
12pm – 2pm	FLOWER POSY ARRANGING , supported by Bond University Library All flowers provided. Make your own posy to give to a friend or colleague.	Kindness tent (Quad)
Wednesday 27th October		
9am – 5pm	VIDEO BOOTH , record a kindness message which will be played at the celebration on Friday Off campus students can email video to ssw@bond.edu.au .	Kindness tent (Quad)
12pm – 2pm	WEDNESDAY BY THE WATER , supported by BUSA Join BUSA from 12pm for a kindness themed BBQ.	Amphitheatre
	BOND CHEER PERFORMANCE Bond Cheer will kick off the BUSA BBQ with a special performance.	
	WELLBEING SESSIONS Bond Exercise and Sports Science students will be running 3 x 15 mins sessions.	
Thursday 28th October		
9am – 5pm	VIDEO BOOTH , record a kindness message which will be played at the celebration on Friday Off campus students can email video to ssw@bond.edu.au .	Kindness tent (Quad)
12pm-1pm	KINDNESS & CAREERS FORUM , supported by the Career Development Centre Find out how to design a life for yourself that combines personal meaning, continued income and social impact. Meet the panel of alumni who have transformed their careers into purpose driven, community focussed careers. Lunch included. No booking required.	Kindness tent (Quad)
Friday 29th October		
11am-11.30am	YOGA SESSION , improve mind, body and spirit Meditation and yoga session with yoga/Pilates instructor and Bond student, Celine Xia.	Ornamental Lawns
12pm-1pm	KINDNESS LETTER WRITING , supported by Bond International Student Association Letter writing activity to let go on anything you have been holding on to. Then reflect on self-care and write a letter on how you can be kinder to yourself. RSVP to isa@student.bond.edu.au . Walk-ins welcome.	Kindness tent (Quad)
3pm – 5pm	KINDNESS WEEK CELEBRATION , come together to celebrate and reflect on Kindness Week. Free drink on arrival plus food will be served. Screening of kindness videos from students, staff and alumni from around the world. Special guest speakers. Click here to RSVP . Walk-ins welcome.	Don's Tavern