

## Message from Mama Peace --- Summer 2013

Summer 2013  
**Kindness Campaign**  
Mattie J.T. Stepanek Foundation



“Kindness  
is an  
antidote  
for  
bullying.”  
Mattie J.T. Stepanek



www.MattieOnline.com

### Hello Peace Club Kids & Teens!

Throughout this summer, every one of you will have many chances to share art, and words, and images as *Peace Club Kids* and *Peace Club Teens*! I am encouraging people of all ages and in all places to participate in the **Kindness Campaign** that is being organized by Mattie’s Foundation. I hope that you and your family will be some of the people who choose to participate!

**Mattie said, “Kindness is an antidote for bullying.”**

**Bullying** is when one person (or group of people) repeatedly says or does unkind things to some other person or group of people.

An **antidote** is something that helps decrease or get rid of something that is not good. For example, when you are sick, the medicine you take to help you feel better is an “antidote” that helps the sickness go away.

**Kindness** is when one person (or group of people) shares respect or gentle words and actions with some other person or group of people.

Today, there is a lot of bullying in our world. Bullies can be children or adults. And those who are bullied can be children or adults. Bullying can be done *face to face* – at home or at school, or at work or in the community.

There is also something called *cyber-bullying* – when someone is unkind to someone else through the Internet, such as on Facebook or Twitter.

**Mattie believed that we do not need to agree with others  
or be like others to be kind to others.  
He believed that,**

***“Kindness is essential for peace,  
and peace is for all people.”***

This summer, I hope you choose to be a part of our ***Kindness Campaign***.

***Reflect and Respond:***

**How do you participate in a *Kindness Campaign*?**

In addition to ***“thinking, speaking, and living gently”*** as Mattie encouraged, you and your family can share expressions of kindness to be posted on Mattie’s website in our new ***Kindness Campaign Peace Post Gallery***.

You can draw pictures of kindness. You can write poetry or a peace thought about kindness. You can send photos of how kindness is shared in your home and in your community, and in our world. You can create a poster for our ***Kindness Campaign***.

You can send cell phone photos of your artwork by e-mail, or you can send your pictures and artwork and peace thoughts by postal mail. Whatever is easiest for you is great!

There is a ***news story about the Kindness Campaign*** on the website ([www.MattieOnline.com](http://www.MattieOnline.com)) that you can read with your family. And there is a new ***Kindness Campaign Peace Post album in our Photo Gallery***.

**Remember that you matter,  
and kindness matters,  
and you can choose to be kind  
in any moment and for any person.**

**Have a good summer, from,  
Mama Peace**

**How do you send your artwork?**

Take a photo with a cell phone (or ask a parent to take a photo of your peace expression) and send it in an e-mail. It’s that simple!