



THE UNIVERSITY
OF ARIZONA

Be Kind, Bear Down

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Partnership with Ben's Bells and Science of Kindness Community Collective

This is a multi-pronged approach
to promote kindness on campus
based on research linking
kindness with better wellness
and productivity.

Unit Level Kindness Ambassadors Timeline



Invitation from Vice Provost to
all unit-level supervisors –
September



Ambassador sign up by
October 6th



Kick Off Event October 15th,
includes important training

Be Kind, Bear Down Kick Off Event October 15, 2025 11:30 am-1 pm

Bear Down Gym

Kindness Ambassador's Responsibilities

Voluntary



Receive Ben's Bells
Weekly Listserv
Messages and
Reminders .



Create actionable
Kindness practices in
their unit



Lead Unit in
Participation in Be
Kind Challenge
(kindness chains) -
timeline



Year-Long Activities

- Connect with other Kindness Ambassadors
- Be Kind Challenge: Kindness Chains

Learn more on the Be Kind, Bear Down website:

<https://facultyaffairs.arizona.edu/be-kind-bear-down-initiative>

- **Kindness Ambassadors** can contact **Marilyn Taylor**, Associate Vice President, Finance & Administration with questions (taylorm@arizona.edu)
- All **other questions** can be directed to **Tara Chandler**, Assistant Director, Faculty Mentoring Initiatives (chandlet@arizona.edu)