FEBRUARY
Kindness

Definition:

Being generous, helpful, or thinking of other's feelings.

Why is it important?

Kindness is one of the most powerful ways to improve the lives of others, and also our own lives. Kindness is infectious, as treating someone kindly makes them more likely to treat others kindly. One kind act can therefore start a kindness chain, reaching many people. Anyone can start a kindness chain, and science has shown that acting kindly makes you feel good too!

Class activity - Practice the power of kindness:

In the morning write a secret list of 3 kind actions you will aim to do before the end of the school today (e.g. encourage, help, compliment, share with someone, or include someone). At the end of the day share stories of kind acts other people did for you that day, and how they made you feel. Try not to mention the name of the person who was kind, as instead of praising the person who did the most acts of kindness, the aim of this activity is to show the positive impact that kindness has on others. Whoever did the kind act you describe will feel happy hearing how their action made you feel.

We do not see or hear about the impacts of every kind act we do, particularly when you are kind to someone you have never met, or who lives in another part of the world. Why might it be easier to forget to act kindly to people you have not met or cannot see? Why is it important to be kind to all people, whether we know them or not? What actions in your daily life might affect people around the world you have never seen or met? Think about the things you buy, what you do with them after you have used them, and the things you say. What positive and negative impacts can these actions have on others around the world?

Make a change:

Which people are kind to you in your day to day life? Are there any **personal** actions you could take to make sure you are kind to the people around you, and that you appreciate the kindness others show you? What is one way your class could inspire a kindness chain in your local community? Think of one action your **local** community could take to encourage people to think about how their actions impact people in the global community. What are some ways that we can ensure our choices and actions show kindness to others in the **global** community?