Kindness:

(noun) the quality of being friendly, generous, and considerate.

WHY SHOULD YOU BE KIND? HOW CAN YOU BE KIND? WHAT CAN YOU IMPLEMENT AT SCHOOL? READ BELOW FOR MANY IDEAS! AND GET CREATIVE! DO SOMETHING OF YOUR VERY OWN AND SHARE THE KIND!

A healthy heart
Emotional warmth produces oxytocin in the brain and body. Nitric oxide that is released runs in and expands the blood vessels, which helps in lowering blood pressure.

Better relationships
Kindness helps to reduce the emotional barrier between two people and allows people to be more open and bonded with each other.

Joy
Caused by elevated levels of dopamine in our brain, which helps in lifting our spirits.

Anti-aging
Oxytocin also helps in slowing down the ageing process by reducing high levels of free radicals and inflammation in the cardiovascular system.

Contagious
Kindness works in the form of ripple effect. The effect is continuously passed on and more people are inspired to be kind.
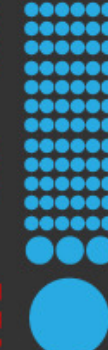
FIVE!
side effects of kindness

Ways to Show Kindness:

- Clean up something that isn't yours
- Hold the door for the person behind you
- Make eye contact and smile to the person who walks by you in the hall
- Compliment someone with genuine intention

- SIT BY SOMEONE NEW AT LUNCH
- LET SOMEONE IN LINE AHEAD OF YOU
- SAY THANK YOU
- THANK THE CUSTODIAL STAFF FOR THEIR HARD WORK

- Push in the chairs around you if left out
- Thank a teacher, or your parents, for their attention and support
- Give someone a small token of appreciation
- Write encouraging words to a person who seems down

- Pick up trash in the hallway or in the classroom
- Say Good Morning to people as you arrive to school
- Take your headphones/AirPods out of your ears when someone is speaking to you

- Donate books to your teacher's classroom or the school library
- Donate items to the Food Pantry
- Find local volunteer activities and donate your time and talent
- Organize a neighborhood cleanup

KINDNESS
is a gift
everyone can
afford to give.

UNKNOWN

STORIES by Kenzie

Sometimes it takes
only one act of
kindness and caring
to change a
person's life.

—JACKIE CHAN

Be the one who makes others
feel included

OurMindfulLife.com

Be kinder
than
necessary,
for
everyone is
fighting
some kind
of battle.

HUNNY

be kind
it makes you
beautiful

Unexpected kindness
IS THE MOST
POWERFUL, LEAST
COSTLY, AND MOST
UNDERRATED AGENT
OF HUMAN CHANGE.

BOB KERREY