

# IT'S COOL TO BE KIND...

Did you know that when you're kind to someone, it makes your brain flood with positive and warm feelings? Not only that, the person who is receiving an act of kindness, also enjoys this warm and positive feeling. And, that makes them want to be kind to others... yes, kindness is contagious... so being kind is kinda cool!

There are so many ways to be **KIND** ...

## Grateful

Scientists have proven that when we are grateful it makes us happier! So by showing gratitude to others, not only benefits them, helping them feel valued and needed, but also makes you feel good too!

When we show people we care about them, whether in words or by doing something kind and considerate, we make them feel loved, secure, safe, and contented. When we care about how they are feeling, we are showing them **EMPATHY**. That their feelings matter, and that we want to understand them and their situation better.

## Caring

## PROUD

When we are proud of others, and celebrate their successes, it not only makes them feel great, but also helps them to feel valued. Being proud of others is a wonderful way of helping people you care about feel valued.

Have you ever heard the expression 'Patience is a virtue'? It means that if you have the ability to wait, and remain hopeful and positive about future outcomes then this is something you can be proud of. Making time for things, and appreciating and valuing effort taken and time spent, help you, and those around you feel great about about the things you can accomplish.

## Patient

## SURPRISE

Everyone loves a surprise... they're exciting, fun and, well... surprising. Surprises put a smile on people's faces as they can enjoy the unexpected!

The ability to see what other people need and offer help, however big or small can make a big difference to how people feel about a task they are doing or their ability to manage it. When you're helpful, people know that you are thinking about them, and this in itself is an act of kindness. Being able to share a task, and lighten the load is a great gift to give.

## HELPFUL



# KINDNESS IS CONTAGIOUS

Did you know every time you are kind to someone, your behaviour has a positive effect on them and they are more likely to be kind to others themselves. Check out the acts of kindness below and then on the next page create some of your own.

Show someone they are

## LOVED

with a big hug for no reason.

## Patience

Spend some time helping someone who is younger than you.

## CREATIVE

Draw a picture, write a letter, bake a cake, make someone's day

## SURPRISED

Think of something unexpected that you can do to pop a smile on someone's face.

I am

# KIND

## HELPFUL

Offer to help with someone else's chores

## Caring

Call a relative you haven't spoken to for ages.

## Grateful

Tell someone you love how much you appreciate them



# KINDNESS IS CONTAGIOUS

It's challenge time! Set yourself an act of kindness to do for each of the words below. Carefully study each of the people you are going to give one of your acts of kindness. What effect does your act have on them, how do you think they feel, and, how does it make YOU feel? Record the outcomes in the sections to follow.

LOVED

*Patient*

SURPRISED

CREATIVE

*Caring*

HELPFUL

*Grateful*

My act of kindness:

---

---

How did the person I was kind to react?

---

---

How did it make me feel?

---

---



My act of kindness:

---

---

How did the person I was kind to react?

---

---

How did it make me feel?

---

---



My act of kindness:

---

---

How did the person I was kind to react?

---

---

How did it make me feel?

---

---

My act of kindness:

---

---

How did the person I was kind to react?

---

---

How did it make me feel?

---

---





My act of kindness:

---

---

How did the person I was kind to react?

---

---

How did it make me feel?

---

---



My act of kindness:

---

---

How did the person I was kind to react?

---

---

How did it make me feel?

---

---

My act of kindness:

---

---

How did the person I was kind to react?

---

---

How did it make me feel?

---

---

