

# KINDNESS



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## What is kindness?

On the 13th November many people around the globe celebrated **World Kindness Day**.

One thing that we have seen all over the world this year is that **kindness** is prevailing in uncertain times.

We have learnt that amid the fear, there is also **community, support** and **hope**. The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve your emotional wellbeing.



# Why kindness?

It is often said that it's better to give than receive but did you know that this is actually backed up by research?

As we face challenging and unstable times, the evidence shows that helping others is beneficial for people's mental health and wellbeing. It can help:

- reduce stress
- improve emotional wellbeing
- benefit physical health
- bring a sense of belonging and reduce isolation
- get rid of negative feelings



Kindness strengthens relationships, develops community and is something that all human beings need to experience. Negative emotional states can affect our immune system, contributing to stress-related illnesses. Positive emotional states have the opposite effect.



Ideas and simple ways to be kind.....

- Offer a classmate help with homework
- Talk to someone new
- Volunteer for something
- Tidy up around your house
- Hold the door open for someone
- Compliment someone
- Send a positive or encouraging text to someone
- Give up your seat to someone
- Hold the door open for someone
- Pick up some rubbish lying around in the street
- Smile and say hello to a stranger





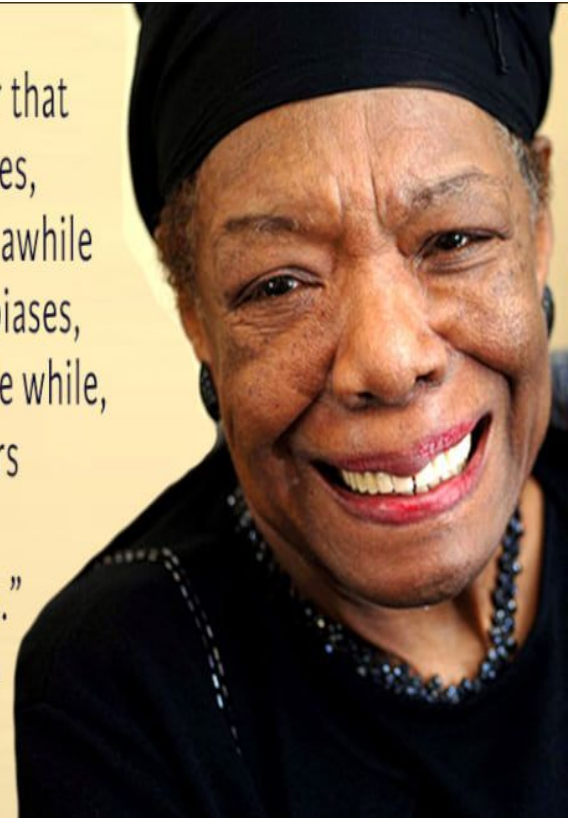
**“No one has ever  
become poor by giving”**

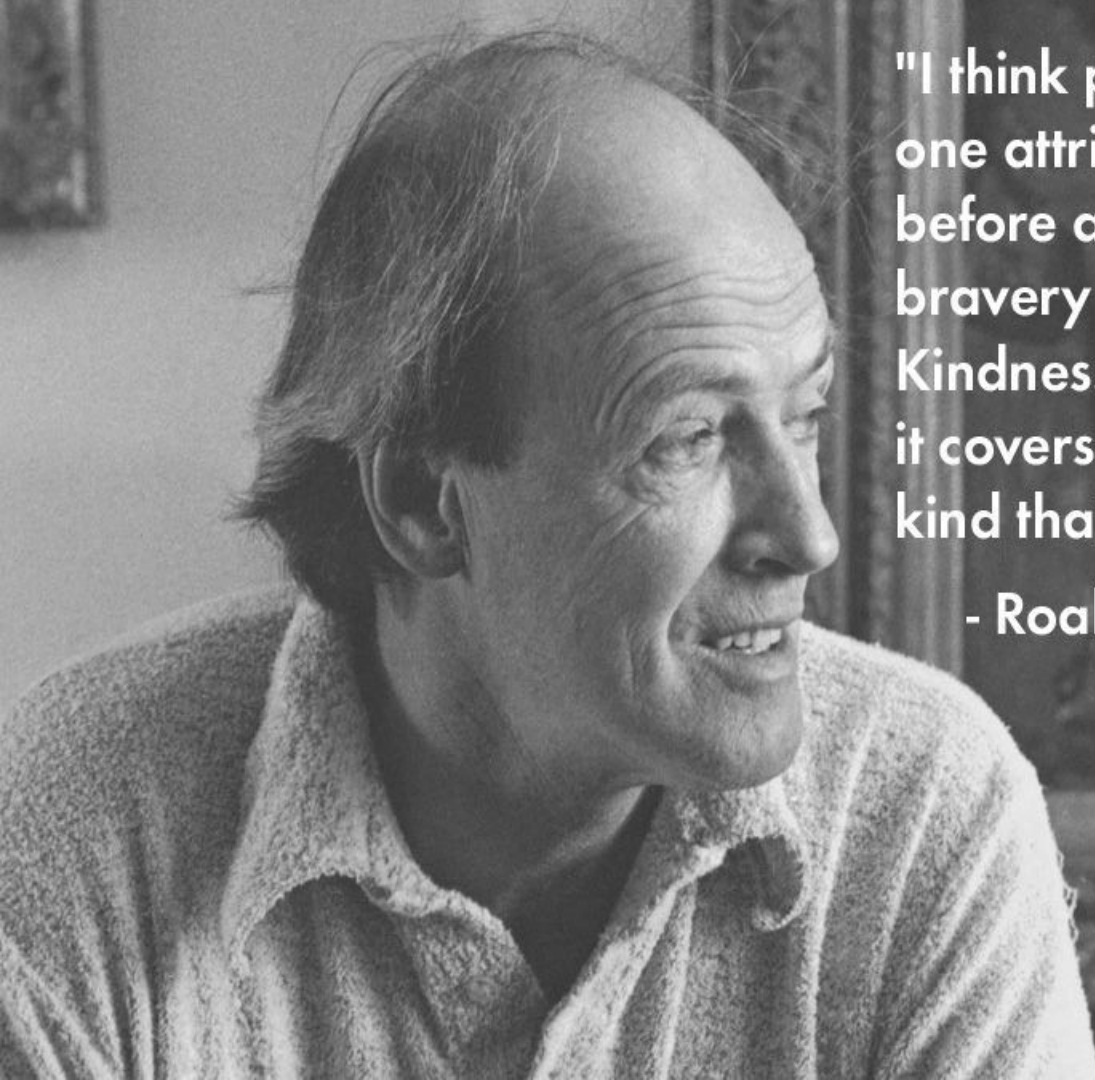
**Anne Frank**

**How can we be inspired.....**

“It's good to remember that  
in crises, natural crises,  
human beings forget for awhile  
their ignorances, their biases,  
their prejudices. For a little while,  
neighbors help neighbors  
and  
strangers help strangers.”

- Maya Angelou





"I think probably kindness is my number one attribute in a human being. I'll put it before any of the things like courage or bravery or generosity or anything else... Kindness - that simple word. To be kind - it covers everything, to my mind. If you're kind that's it."

- Roald Dahl

## What about me.....

It is so important to think about the relationship you have with yourself. Self-care is about looking after yourself and your mental health.

Act as if you were your own best friend: be kind and supportive to **yourself**.









Thanks For **130K+** Views

Thank you for listening this morning

What kindness can you show to others this week?

Ms Toman

