What does Kindness mean?

Kindness means you are concerned about other people. Kind people think about another person's feelings and not just their own, they help someone who is in need, and they are kind even when others are not. Kindness makes the world a nicer place, because it makes people happier.

Why Do Acts of Kindness Improve Mental Health?

- They help us feel grateful for what we have
- They get us more socially engaged and involved
- They improve our self esteem
- Memories of your act of kindness produce feelings of happiness that last for long after the act is completed
- Positive acts reduce stress and negativity (such as anger and frustration)

Kindness is Contagious

Experiencing an act of kindness can improve our mood, it can make our day and increase the likelihood of spreading that kindness to others.

Relationships

Kindness helps improve relationships by reducing the distance between individuals.

Anxiety & Depression

Kindness improves mood, depression and anxiety. Kindness stimulates the production of serotonin which heals wounds, calms and increases happiness.

Pain

Kindness releases endorphins in the brain. It's a natural painkiller!

Stress

Kind people have lower stress levels than the average person.

Self-Worth

Kindness can make us not just feel good about ourselves, but begin to believe in ourselves, increasing our self-worth.

Be Kind to Yourself

- Prioritise some "me" time so you can relax and reflect.
- Treat yourself to something small
- Do something you enjoy like listening to a favourite song or piece of music
- Spend some time in nature, which is good for your wellbeing.

The Random Acts of Kindness Challenge

With this in mind, we're asking you to try and help others once a day for a week and see if it makes a difference to how you feel. Try to keep track of any volunteering that you've done, support you've given to friends and family or any random acts of kindness that you've carried out or that someone has done for you, and make a note of how they made you feel.

One Small Act Of Kindness

Kindness doesn't have to be an over-the-top or grand gesture to be beneficial. The positive effects of kindness on your brain can happen from something as simple opening a door for someone, allowing someone to go first in a queue, saying "hello" with a smile and asking how their day is going, etc.

At School

- Remember to say hi to other pupils and ask how they are
- Get to know someone new
- Lend your ear - listen to your friends if they are having a bad day
- Say thank you to another student who has helped you
- Praise someone for something they have done well.

At home and in your community

- Call a friend that you haven't spoken to for a while
- Post a card or letter to someone you are out of touch with
- Find out if a neighbour needs any help with shopping
- Walk your friend's dog
- Tell your family members how much you love and appreciate them
- Help with household chores
- Check on someone you know who is going through a tough time

In public places

- Give up your seat to an elderly, disabled or pregnant person.
- Help to carry someone's shopping for them.
- Be considerate to others.
- Pick up some rubbish lying around in the street
- Smile and say hello to people you may pass every day, but have never spoken to before.

Kindness is not sacrificing your safety to help someone.

If you're unsure if the kind act will put you into harm, don't do it. If you're going outside of your comfort zone to help someone because you want to be "a nice person," don't do it. There are lots of ways to be kind without putting yourself in harm's way. I think this is especially true for people who don't like to say "no" or who feel like they always have to be the hero.

Dear Lord,

Please show me how to spend this day,

Sharing your love in every way.

Help me to be kind to everyone,

To learn and laugh and have lots of fun.

Growing together and shining our light,

Making good choices, doing what is right.

We thank you Lord for our teachers and our friends,

For the love of God on who we can depend.

Amen.