

KINDNESS SQUARES

Positive Thinking Topic School Based Mentoring Activity

Here are just a few of the many benefits your Little will experience from learning the values such as kindness:

1. **Happy children** – Study shows that kindness activates the joyful area of the brain. Pleasure resulting in kindness activates the need to replicate those feelings either as a receiver or a giver.
2. **Improved health and less stress** – Being kind increases happiness and decreases stress.
3. **Greater Sense of Belonging and Improved Self Esteem** – Even small acts of kindness create feelings of self-worth and belonging. Acts of kindness increase energy and give a wonderful feeling of optimism.
4. **Increased Feelings of Gratitude** – Children learn to appreciate what they have when helping those less fortunate.
5. **Better Concentration and Improved Results** - Kindness is a key ingredient that helps children feel good. Having a positive outlook increases attentions spans and enables more creative thinking which can produce better results at school.
6. **Less Bullying** – Research has documented that the effects of bullying can be significantly reduced by integrating kindness based programs
7. **Reduced Depression** - Research has discovered that an act of kindness increases levels of serotonin (a natural chemical responsible for improving mood) in the brain. Serotonin levels are increased in both the giver and receiver of an act of kindness, as well as anyone who witnesses that kindness, making it a wonderful natural antidepressant.

Help your Little practice kindness using these kindness squares.

Cut out the squares (or just keep it as a whole page if you do not have access to a printer)

Keep the squares or page as a reminder of how to show kindness to others on a daily basis.

As a match, discuss other ways you can show kindness to others.

Be kind!

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| Help someone with a job around the house without being asked. | Make a card FOR SOMEONE thanking them for all they do. | Give someone a hug when they really need it. | Write a letter to the Josh Stevens Foundation listing 5 kind things you've done. |
| Organize an afternoon of games for your friends or family. | Do a good deed for a neighbor. | Write a letter to your teacher. | Read a book to a younger child. |
| Make a thank you card for a community helper. | Hold the door open for people entering or exiting a shop or restaurant. | Go somewhere with your family and smile at everyone you see. | Clean out your bedroom and donate toys and clothes to a charity. |
| Make "Be Happy" notes and pass them out. | Let someone go ahead of you in line. | Make a bookmark for a friend. | Learn a joke and tell it to a clerk at a store or a server at a restaurant. |

Challenge: This week let's see how many squares you can complete.