

The Kindness Garden: Growing a Greener Community

Be a Kindness Gardener: Plant seeds of care, watch friendships bloom, and help our school flourish!

- Kindness is like a ripple in a pond; one small, thoughtful action can spread joy far beyond where it started.
- Using empathy means taking a moment to imagine how someone else might be feeling before you speak or act.
- Inclusion means inviting others to join in, making sure no one feels left out of the fun during break time.
- Offering support, like helping a classmate with a tricky maths problem, builds a stronger and more confident team.
- Showing respect means listening carefully when others are talking and valuing their unique ideas and perspectives.

Did you know? Did you know? Scientific studies have shown that when you perform a kind act, your brain releases 'feel-good' chemicals like oxytocin. This not only makes the person receiving the kindness happy, but it also boosts your own mood and helps you feel more connected to your friends!

Key vocabulary: Empathy · Compassion · Inclusion · Support · Respect · Cooperation