

The Kind-Hearted Advent Calendar

Be a beacon of brightness this season—one kind act at a time!

- Kindness is a choice we make every day to show care and respect to the people around us.
- Acts of kindness do not need to cost money; a friendly smile or a helping hand is just as valuable as a gift.
- Including someone who is playing alone during break time is a powerful way to show empathy and build friendships.
- Expressing gratitude by thanking someone for their help helps create a positive and supportive atmosphere in our classroom.
- Kindness has a 'ripple effect'; when you are kind to one person, they are more likely to be kind to someone else, spreading positivity across the whole school.

Did you know? Did you know? Scientific studies show that when you perform a kind act, your brain releases 'feel-good' chemicals like oxytocin and dopamine. This is often called the 'helper's high,' meaning being kind to others actually makes you feel happier too!

Key vocabulary: Empathy · Compassion · Community · Selfless · Wellbeing · Gratitude