

Max and Zara's Kindness Advent Calendar

Be a Kindness Champion: One Small Act, One Big Smile!

- Kindness is an intentional choice to help others without expecting a reward, which builds trust and friendship in our school.
- Empathy is the ability to understand and share the feelings of another person; it is the first step toward being truly kind.
- An 'Advent' of kindness means setting a goal to complete one thoughtful deed every day, turning small actions into a daily habit.
- Inclusivity is a key part of kindness: making sure that everyone feels welcome, valued, and included in games and conversations.
- Gratitude, or saying 'thank you' sincerely, helps others feel appreciated and encourages more kindness to grow in our classroom community.

Did you know? Did you know? Scientific studies have shown that when you perform an act of kindness, your brain releases 'feel-good' chemicals like endorphins. This is often called the 'helper's high', and it actually makes the person giving the kindness feel just as happy as the person receiving it!

Key vocabulary: Empathy · Compassion · Altruism · Community · Generosity · Gratitude · Well-being