

Max and Leo's Kindness Advent Calendar

Small acts, big impact: Make every day count with kindness!

- Kindness is a muscle that gets stronger with practice; choosing to help others builds a supportive and happy classroom environment for everyone.
- Inclusion means noticing when someone is playing alone and inviting them to join your group, ensuring nobody feels left out during break times.
- Gratitude involves taking a moment to tell a friend or teacher why you appreciate them, which boosts their confidence and strengthens your friendship.
- A kind word or a sincere compliment can change the course of someone's day, turning a difficult morning into a positive experience.
- Helping someone with a task, like tidying the classroom or holding a door, teaches us the value of service and shared responsibility in our community.

Did you know? Did you know? Scientific studies suggest that performing 'random acts of kindness' releases oxytocin in the brain, often called the 'cuddle hormone,' which helps to reduce stress and improve your overall mood!

Key vocabulary: Empathy · Altruism · Community · Gratitude · Well-being · Inclusion