

The Kindness Canopy: Growing a Greener Community

Be a Kindness Champion: Small seeds of goodness grow into a forest of happiness!

- How does active listening show respect for a classmate's perspective during a group discussion?
- Why is it important to consider someone's feelings before you speak or act?
- In what ways can a small, quiet act of kindness, such as offering to help a friend tidy up, change the atmosphere of an entire classroom?
- How does inclusive play ensure that everyone feels like a valued member of the Class 4 community?
- Why is it just as important to be kind to yourself as it is to be kind to others?

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

Key vocabulary: Empathy · Compassion · Well-being · Inclusion · Consideration · Respect