

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