Kindness: The Superpower of Our Classroom

Be the reason someone smiles today! Let's grow a culture of kindness together.

- **Kindness is an act of showing care and concern for others, helping everyone feel safe and valued in our school.**
- **Empathy is the ability to understand and share the feelings of another person, which helps us to be better friends.**
- **Inclusive behavior means making sure that everyone is invited to join in, so nobody feels left out of games or group work.**
- **Active listening is a simple way to show kindness; by giving someone your full attention, you show that their voice truly matters.**
- **Small acts, such as holding a door or sharing a kind word, create a 'ripple effect' that makes our entire school a happier place to learn.**

Did you know? Did you know? Research shows that performing an act of kindness triggers the release of 'feel-good' chemicals in the brain, such as dopamine. This means that when you are kind to someone else, you don't just make their day better—you actually make yourself feel happier too!

Key vocabulary: Empathy · Compassion · Inclusion · Supportive · Respect · Cooperation