Max and Zara's Kindness Calendar

Be a Kindness Champion! Every day, pick one small way to make someone else smile.

- **Kindness means doing something helpful without being asked.**
- **A kind word can brighten a friend's day at school.**
- **Sharing your time or your toys shows you care about others.**
- **Small acts of kindness build a happier community for everyone.**
- **Listening to a friend when they are feeling sad is a very kind thing to do.**

Did you know? Did you know? Research shows that being kind to others actually makes your own brain release 'feel-good' chemicals, which can make you feel happier too!

Key vocabulary: kindness · thoughtful · community · support · generosity · empathy