Kindness: The Superpower We All Have!

Be a Kindness Hero: Small acts make a big difference every single day!

- **Kindness is when we say or do things that make other people feel happy, safe, and welcome.**
- **Using kind words helps our friends feel better when they are having a tricky day.**
- **Listening carefully when someone is speaking shows that you respect their feelings and ideas.**
- **Sharing your things or your time is a great way to show you care about your classmates.**
- **Even a small smile can change someone's day from cloudy to sunny!**

Did you know? Did you know? Being kind to others actually makes your own brain release 'feel-good' chemicals. This means that when you help someone else, you feel happier too! It is a win-win for everyone.

Key vocabulary: kindness · respect · support · empathy · friendly · community