

Max and Zara's Kindness Advent: Celebrating Compassion

Small acts, big impact: Join our Kindness Advent journey!

- How does choosing to be kind to someone you do not usually interact with help to strengthen our school community?
- In what ways can a simple, non-material act of kindness, such as active listening, be more valuable than a gift that costs £5.00?
- Why is it important to demonstrate kindness to ourselves, as well as to our friends and peers?
- How might a chain reaction of kindness change the atmosphere in our classroom during the busy winter season?
- What is the difference between an act of kindness and a polite social obligation?

Did you know? Did you know? Research shows that performing acts of kindness triggers the release of oxytocin, often called the 'love hormone', which helps lower stress levels for both the person giving the kindness and the person receiving it!

Key vocabulary: Compassion · Empathy · Altruism · Community · Wellbeing · Consideration · Resilience