

The Compassion Connection: Cultivating Kindness

Be the ripple that starts the wave: Kindness is your superpower!

- How does demonstrating empathy allow us to better understand the perspectives and feelings of our peers during a disagreement?
- In what ways does including others in group activities contribute to a safer and more welcoming school environment for everyone?
- Why might an act of kindness have a 'ripple effect' that positively influences the behaviour of an entire classroom?
- How can we differentiate between a kind gesture and an act of peer pressure, and why is that distinction important for our personal boundaries?
- What are the long-term benefits to our mental health when we consistently practise gratitude and altruism in our daily interactions?

Did you know? Did you know? Research suggests that performing 'random acts of kindness' releases oxytocin in the brain, often referred to as the 'cuddle hormone'. This not only boosts the mood of the person receiving the kindness but also significantly increases the happiness and physical health of the person performing the act!

Key vocabulary: Empathy · Altruism · Inclusion · Wellbeing · Compassion · Supportive · Community