

## 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