

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