The Kindness Connection: Growing a Greener Community

Small acts, big impact: Be the sunshine in someone’s day!

- **Kindness is a choice we make every day; showing empathy means trying to understand how another person is feeling.**
- **Inclusion is the act of making sure everyone feels welcome to join in, whether at playtime or during group work in class.**
- **Active listening is a powerful form of kindness; giving someone your full attention shows that you value their thoughts and feelings.**
- **Compassion is not just feeling sorry for someone, but taking a positive action to help them when they are having a difficult time.**
- **Kindness has a ripple effect; when you are kind to one person, they are more likely to be kind to someone else, creating a chain of positivity.**

> *Did you know? Did you know? Research shows that performing acts of kindness releases 'feel-good' chemicals in the brain, such as serotonin, which helps both the giver and the receiver feel happier and less stressed!*

Key vocabulary: Empathy · Compassion · Inclusion · Well-being · Community · Respect