

# Choose Kindness



# What Is 'Kindness'?

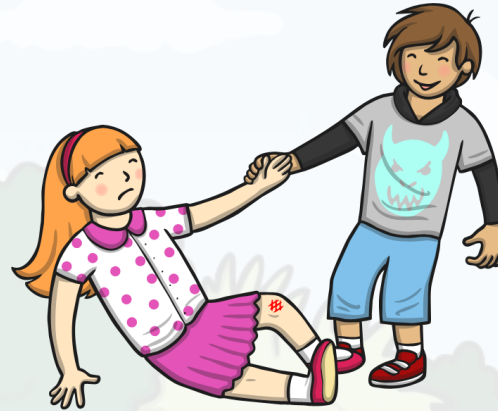
Kindness is:

- being friendly, generous and considerate of others;
- showing goodwill to others;
- being concerned when others are upset or worried;
- helping people when they need you;
- doing something nice for someone else, without expecting anything in return.

What does 'kindness' mean to you?

# How Can You Show Kindness?

- Smile!
- Help someone if they fall over.
- Go and sit with someone who is sitting alone (if they want you to).
- Sit next to someone at lunchtime you would not normally sit with.
- Ask someone how they are.
- Pick up litter.



# How Can You Show Kindness?

- Say good morning.
- Write a letter to someone thanking them for something they've done or said.
- Say something nice to as many people as possible.
- Let someone go ahead of you in the line.
- Hold doors for others.





# How Does Kindness Help Our School?

Doing kind things  
for others activates  
the parts of the  
brain that make  
you feel happy.



# How Does Kindness Help Our School?



Kindness makes people feel that they belong and helps to reduce bullying. Being kind helps you to make friends.

# How Does Kindness Help Our School?

Kindness can help you concentrate, as the good chemicals in your brain are released.



# How Does Kindness Help Our School?



Kindness  
increases our  
sense of  
well-being.



# How Does Kindness Help Our School?

Being kind to  
people encourages  
them to be  
kind too.



# How Does Kindness Help Our School?



Kindness makes  
our world a better  
place for everyone!

# Make the Choice

When you are kind, you  
make the world a happier,  
safer place.

You can be kind to everyone  
- to people who are just like  
you and to people who are  
different to you.

You have infinite kindness in  
you - share it with everyone,  
every day.



Choose kindness!

# Make the Choice

Your smile might be the brightest light in someone's day, so let your kindness shine - smile at whoever you can, whenever you can.



Choose kindness!

# Talk About it...



Have you talked with thoughtful, caring words today?



# Talk About it...



Have you shown understanding of someone's feelings today?

# Talk About it...



Have you helped someone today?

